



# Talbot County High School March 2018



Week 1  
Week 2  
Week 3  
Week 4  
Week 5

			1 Chicken Burrito Bar Spanish Black Beans and/or Steamed Corn Diced Peas	2 Chili Cheese Dog Chicken Nuggets w/w/ Roll Steamed Carrots Peas Mixed Fruit
5 Chicken w/w/ WG Biscuit Chicken & Cheese Quesadilla French Fries Peas Strawberry Cups	6 Spaghetti & Meatballs w/w/ breadstick Chicken Nuggets w/w/ WG roll Green Beans Corn on the Cob Applesauce	7 Soft Shell Taco <b>Glorious Grilled Cheese Pepperoni</b> Refried Beans Cauliflower Diced Peaches	8 Homemade Chicken Enchiladas Steak & Cheese Sub Steamed Broccoli Pepper & Onions Diced Peas	9 General Tso's Chicken w/w/ brown rice Chicken & Cheese Flatbread Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges
12 Dutch Waffle w/w/ Strawberry Topping w/w/ Eggs Steak & Cheese Sub Tater Tots Peppers & Onions Applesauce	13 Pizza & Buffalo Cheese Crunchers Chicken Tenders w/w/ WG Roll Steamed Carrots Cauliflower Diced Peaches	14 <b>Potato Bar Extravaganza</b> Featuring baked potatoes, mashed potatoes, baked sweet potatoes and chili cheese fries Steamed Broccoli Corn Pineapple Tidbits	15 Beefy Nachos w/Spanish Rice BBQ Chicken Flatbread Spanish Black Beans Mixed Vegetables Diced Peas	16 Chicken Parmesan w/ Pasta w/w/ WG Roll Popcorn Chicken w/w/ roll Broccoli California Veggies Mixed Fruit
19 Ring of Eggcellence Sandwich Meatball Sub Hash Browns Green Beans Applesauce	20 Homemade Lasagna Breakfast Flatbread Green Beans Cauliflower Mixed Fruit	21 Teriyaki Beef & Veggie Stir Fry w/Brown Rice Buffalo Chicken Flatbread Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges	22 Taco Bar Choice of Soft Shell or chips Beef or Chicken Refried Beans Onions & Peppers Diced Peaches	23 Chicken Alfredo w/pasta & breadstick Chicken Nuggets w/w/ roll Steamed Broccoli Corn Diced Peas
26 French Toast Sticks w/w/ Sausage Patty Chicken Bacon Ranch Flatbread Tater Tots Applesauce	27 Meatball Sub Chicken Nuggets w/w/ Glazed Carrots Peas Diced Peas	28 Popcorn Chicken Bowl w/w/ WG Roll Buffalo Chicken Flatbread Mashed Potatoes Corn Mandarin Oranges	29 Cuban Sandwich Chicken Tenders w/w/ WG Roll Baked Beans Peas Diced Peaches	30 <b>NO SCHOOL</b>

### Daily Salad Choices:

Week 1: Chef Salad  
Week 2: Turkey Cobb Salad  
Week 3: Chicken Caesar Salad  
Week 4: Buffalo Chicken Salad  
Week 5: Crispy Chicken Salad  
*Garden Salad w/Cheese available daily*

*Salads served with up to 2 Dinner Roll(s); \* served with 1 roll*

A variety of seasonal fresh fruits and vegetables are available daily – apples, oranges, bananas, cupped fruit, broccoli, baby carrots

Low Fat and Fat Free Milk is available for all meals.

### Pizza Choices:

Monday: Meat Lovers  
Tuesday: Calzones  
Wednesday: Meat Lovers  
Thursday: Calzones  
Friday: Meat Lovers  
*Cheese & Pepperoni Pizza available daily*

*All pizzas feature whole grain crusts*

### Daily Grill Choices:

Monday: Buffalo Chicken Sandwich  
Tuesday: Bacon Cheeseburger  
Wednesday: Hot Dog on a Bun  
Thursday: Buffalo Chicken Sandwich  
Friday: Fish Sandwich

*Cheeseburger & Chicken Patty Daily*

### Daily Deli Choices:

Week 1: Chicken Salad Sub  
Week 2: Chicken Ranch Wrap  
Week 3: Ham, Turkey, & Cheese Sub  
Week 4: Italian Sub  
Week 5: Chicken Caesar Wrap

*Turkey and Cheese Sub available everyday*



This month's feature is **Glorious Grilled Cheese**! Check out the specials in red!

**Meal Definition:** 1 meat/meat alternative, 1 bread/grain, 2 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

*This institution is an equal opportunity provider.*