



Talbot County High School October 2018



Week 1	1	2	3	4	5
	Pancakes w/wo Sausage Ham & Cheese Nuclear Meltdown Tater Tots Applesauce	Homemade Ziti w/wo Fresh Baked Garlic Breadstick Grilled Cheese Sandwich Carrots/Tomato Soup Mixed Fruit	Popcorn Chicken Bowl w/wo Fresh Baked WG Roll BBQ Chicken Flatbread Mashed Potatoes, Corn Diced Pears	Homemade Chicken Enchiladas Meatball Sub Steamed Broccoli Diced Peaches	Chicken Nuggets w/wo Fresh Baked roll Chicken Bacon Ranch Flatbread Baked Beans Pineapple Tidbits
Week 2	8	9	10	11	12
	Scrambled Eggs w/wo Sausage w/w Toast Popcorn Chicken w/wo Fresh Baked WG Roll Hash Browns Mandarin Oranges	Chicken Parmesan w/Pasta Buffalo Chicken Flatbread Steamed Broccoli Mixed Fruit	Chicken & Waffles Steak & Cheese Sub French Fries Applesauce	General Tso's Chicken w/wo Brown Rice Chicken & Cheese Flatbread Steamed Carrots Diced Pears	NO SCHOOL
Week 3	15	16	17	18	19
	Breakfast Burrito Chicken Nuggets w/wo Fresh Baked WG Roll Tater Tots Mixed Fruit	Spaghetti & Meatballs w/wo Fresh Baked WG Breadstick Ham & Cheese on Pretzel Bun Green Beans Applesauce	Macaroni & Cheese Bar Featuring pork bbq, hot & spicy chicken and taco toppings Steamed Broccoli Pineapple Tidbits	Soft Shell Taco Popcorn Chicken w/wo Fresh Baked WG Roll Refried Beans Diced Pears	Chicken Tenders w/wo Fresh Baked WG Roll Breakfast Flatbread Steamed Broccoli Diced Pears
Week 4	22	23	24	25	26
	Dutch Waffle w/wo Strawberry Topping w/wo Eggs Chicken Bacon Ranch Flatbread Hash Browns Applesauce	Chicken Alfredo w/pasta & w/wo Fresh Baked WG Breadstick Steak & Cheese Sub Steamed Broccoli Diced Pears	Dueling Cheese Nachos Meatball Sub Steamed Carrots Mixed Fruit 	Zesty Orange Chicken w/wo Fried Rice Chicken Nuggets w/wo Fresh Baked WG Roll Oriental Mixed Vegetables Mandarin Oranges	Popcorn Chicken w/wo Fresh Baked WG Biscuit Hot Dog on Bun Baked Beans Diced Peaches
Week 5	29	30	31		
	Ring of Eggcellence Sandwich Chicken Nuggets w/wo Fresh Baked WG Roll Tater Tots Applesauce	Homemade Lasagna w/wo Fresh Baked WG Breadstick Chicken & Cheese Flatbread Steamed Carrots Mixed Fruit	Tot & Fry Bar Featuring tots and fries with chili, cheese fries Broccoli Pineapple Tidbits		

SALADS

Daily Salad Choices:
 Week 1: Chef Salad
 Week 2: Turkey Cobb Salad
 Week 3: Buffalo Chicken Salad
 Week 4: Crispy Chicken Salad
 Week 5: Garden Cheese Salad

Salads offered with a Fresh Baked WG Roll

Chicken Caesar Salad offered daily

A variety of 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

Pizza Choices:
 Monday: Meat Lovers
 Tuesday: Calzones
 Wednesday: Meat Lovers
 Thursday: Calzones
 Friday: Meat Lovers

All pizzas feature whole grain crusts

Cheese & Pepperoni Pizza available daily

GRILL

Daily Grill Choices Week
 Monday: Buffalo Chicken Sandwich
 Tuesday: Bacon Cheeseburger
 Wednesday: Hot Dog
 Thursday: Buffalo Chicken Sandwich
 Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily

DELI

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 Sub, Ham Sub, and Chicken Caesar Wrap available everyday

All items can be purchased a la carte. Entrees are \$2.50 a la carte. A la carte items sold include baked chips (variety of flavors) for \$.65 - \$1.25, Fresh Baked Cookies for \$.75 each, Chocolate Filled Cookies \$1.25 each, Fruit Roll Ups and Scooby Snacks for \$.80, Rice Krispy Treats for \$1.25, Low Fat Ice Cream Novelties for \$1.00 - \$1.50. Tropicana Juice \$1.75, G2 all flavors \$1.50, Twist \$1.25, Water \$1.25 Pop Tarts & Nutri Grain Bars \$1.25, Yogurt \$1.25

NACHO USUAL NACHOS

This month's feature is "NACHO USUAL NACHOS! 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.