



Talbot County High School April 2018



Week 1
Week 2
Week 3
Week 4
Week 5

2 NO SCHOOL	3 1. Homemade Ziti w/wo Fresh Baked Garlic Breadstick 2. Grilled Cheese Sandwich Steamed Carrots, Green Beans Strawberry Cups	4 Macaroni & Cheese Bar Featuring pork bbq, hot & spicy chicken and taco toppings Broccoli; Cauliflower Pineapple Tidbits	5 Chicken Burrito Bar Spanish Black Beans Steamed Corn Diced Pears	6 1. Chicken & Waffles 2. Breakfast Flatbread French Fries; Peas Mixed Fruit
9 1. Fish & Chips Fish Nuggets w/French Fries 2. Chicken & Cheese Quesadilla French Fries; Peas Strawberry Cups	10 1. Spaghetti & Meatballs w/wo Fresh Baked Breadstick 2. Chicken Nuggets w/wo WG Roll Green Beans; Corn on the Cob Applesauce	11 1. Soft Shell Taco 2. Buffalo Chicken Flatbread Refried Beans; Cauliflower Diced Peaches	12 1. Homemade Chicken Enchiladas 2. Steak & Cheese Sub Steamed Broccoli Pepper & Onions Diced Pears	13 1. General Tso's Chicken w/wo Brown Rice 2. Chicken & Cheese Flatbread Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges
16 1. Dutch Waffle w/wo Strawberry Topping w/wo Eggs 2. Steak & Cheese Sub Tater Tots Peppers & Onions Applesauce	17 1. Pizza & Buffalo Cheese Crunchers 2. Chicken Tenders w/wo Fresh Baked WG Roll Steamed Carrots Cauliflower Diced Peaches	18 Potato Bar Extravaganza Featuring baked potatoes, mashed potatoes, baked sweet potatoes and chili cheese fries Steamed Broccoli; Corn Pineapple Tidbits	19 1. Beefy Nachos w/Spanish Rice 2. BBQ Chicken Flatbread Spanish Black Beans Mixed Vegetables Diced Pears	20 1. Chicken Parmesan w/ Pasta 2. Popcorn Chicken w/wo Roll Broccoli California Veggies Mixed Fruit
23 1. Ring of Eggcellence Sandwich 2. Meatball Sub Hash Browns Green Beans Applesauce	24 1. Homemade Lasagna w/wo Fresh Baked Breadstick 2. Breakfast Flatbread Green Beans Cauliflower Mixed Fruit	25 1. Teriyaki Beef & Veggie Stir Fry w/Brown Rice 2. Buffalo Chicken Flatbread Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges	26 Taco Bar Choice of Soft Shell or Chips Beef or Chicken Refried Beans Onions & Peppers Diced Peaches	27 1. Chicken Alfredo w/pasta & Fresh Baked Breadstick 2. Chicken Nuggets w/wo roll Steamed Broccoli Corn Diced Pears
30 1. Buffalo Chicken Calzone 2. Chicken Bacon Ranch Flatbread Tater Tots Applesauce				

Daily Salad Choices:

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

Salads served with Fresh Baked Dinner Roll(s)

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: Buffalo Chicken
Tuesday: Meat Lovers
Wednesday: Chicken Bacon Ranch
Thursday: Meat Lovers
Friday: Meat Lovers

Cheese & Pepperoni Pizza available daily

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

Turkey and Cheese Sub available everyday

This month's feature is **"Catch of The Day"**! 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.

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