

LUNCH DECEMBER 2018

MSD Columbia Campus Lynette.johnson@msd.edu

Available Daily: Fruit, Water, Skim, 1%, Fat Free, Chocolate & Strawberry Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Grains/Protein Cheese Pizza</p> <p>Vegetables California Blend Veggies Fresh Cucumber Slices Cool Cucumber/Yogurt Dip</p> <p>Fruit Sliced Orange</p>	<p>4</p> <p>Grains/Protein Beefsteak, Cheese Whole Wheat Roll</p> <p>Vegetables Lettuce, Tomato Baked Onion Rings</p> <p>Fruit Pineapple Tidbits</p>	<p>5</p> <p>Grains/Protein Chicken Nuggets (Dipping Sauce) Whole Wheat Roll</p> <p>Vegetables Sweet Potato Fries Green Beans</p> <p>Fruit Banana</p>	<p>6</p> <p>Grains/Protein Beef Teriyaki Fried Rice Fortune Cookie</p> <p>Vegetables Broccoli Salad</p> <p>Fruit Grapes</p>	<p>7</p> <p>Grains/Protein Ground Beef Cheddar Cheese, Sour Cream Bagged Chips</p> <p>Vegetables Diced Tomato, Corn Shredded Lettuce</p> <p>Fruit Salsa Sliced Apple</p>
<p>10</p> <p>Grains/Protein Sloppy Joe Whole Wheat Bun</p> <p>Vegetables Tater Tots Peas</p> <p>Fruit Sliced Orange</p>	<p>11</p> <p>Grains/Protein Corndogs Vegetarian Baked Beans</p> <p>Vegetables Carrot Slaw</p> <p>Fruit Pineapple Tidbits</p>	<p>12</p> <p>Grains/Protein Chicken in Alfredo Sauce Whole Wheat Twist Pasta Garlic Bread</p> <p>Vegetables Steamed Broccoli</p> <p>Fruit Banana</p>	<p>13</p> <p>Grains/Protein Baked Chicken Dinner Roll (Gravy)</p> <p>Vegetables Mashed Potatoes Comfy Collards</p> <p>Fruit Grapes</p>	<p>14</p> <p>Grains/Protein BBQ Ribette Whole Wheat Bun</p> <p>Vegetables Corn Cucumber Salad</p> <p>Fruit Sliced Apple</p>
<p>17</p> <p>Grains/Protein Chicken Tenders Dinner Roll</p> <p>Vegetables 3 Bean Salad Tomato Soup</p> <p>Fruit Sliced Orange</p>	<p>18</p> <p>Grains/Protein Cheeseburger Whole Wheat Bun</p> <p>Vegetables Lettuce, Pickles Sliced Tomato Baked French Fries Baby Carrots Cool Cucumber/Yogurt Dip</p> <p>Fruit Pineapple Tidbits</p>	<p>19 Breakfast for Lunch</p> <p>Grains/Protein French Toast Scrambled Eggs Turkey Bacon</p> <p>Vegetables Tater Tots</p> <p>Fruit Banana</p>	<p>20</p> <p>Grains/Protein Roast Turkey Breast Whole Wheat Bread Slice</p> <p>Vegetables Green Peppers, Onion Roasted Herb Potato</p> <p>Fruit Grapes</p>	<p>21</p> <p>Grains/Protein Pepperoni Pizza</p> <p>Vegetables Tossed Salad (Fat Free Dressing) Baked "Smile" Fries</p> <p>Fruit Sliced Apple</p>
<p>24</p> <p>SCHOOL CLOSED</p>	<p>25</p> <p>SCHOOL CLOSED</p>	<p>26</p> <p>SCHOOL CLOSED</p>	<p>27</p> <p>SCHOOL CLOSED</p>	<p>28</p> <p>SCHOOL CLOSED</p>
<p>30</p> <p>SCHOOL CLOSED</p>				