

Maryland School for the Deaf  
Frederick Campus

All Lunches Include a Choice of 1% White Milk or Fat Free Chocolate Milk

**LUNCH** April 2019

Soup & Salads Offered Everyday!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 <u>Protein/Grains</u> Chicken Patty on a WW Roll <u>Vegetables</u> Tater Tots <u>Fruit</u> Pineapple</p>	<p>2 <u>Protein/Grains</u> Beef &amp; Rice Burritos <u>Vegetables</u> Guacamole Mexican Corn <u>Fruit</u> Apple Slices</p>	<p>3 <u>Protein/Grains</u> Meatball Subs On a WW Roll w/ Cheese <u>Vegetables</u> Steamed Carrots <u>Fruit</u> Orange Wedges</p>	<p>4 <u>Protein/Grains</u> Cheeseburger On WW Roll <u>Vegetables</u> w/ Lettuce &amp; Tomato Broccoli w/ Cheese <u>Fruit</u> Pears</p>	<p>5 <u>Protein/Grains</u> Chicken Nuggets WW Baked Roll <u>Vegetables</u> Fresh Carrots w/ Ranch Dip <u>Fruit</u> Peaches</p>	6
7	<p>8 <u>Protein/Grains</u> Beef Nachos w/ Cheese &amp; Salsa <u>Vegetables</u> Refried Beans <u>Fruit</u> Mango</p>	<p>9 <u>Protein/Grains</u> Chicken Quesadilla W/ Salsa &amp; Guacamole <u>Vegetables</u> Mexican Salad <u>Fruit</u> Kiwi</p>	<p>10 <u>Protein/Grains</u> Sloppy Joes on a WW Roll <u>Vegetables</u> Fresh Carrots w/ Ranch Dip <u>Fruit</u> Grapes</p>	<p>11 <u>Protein/Grains</u> Salisbury Steak w/ Gravy WW Baked Roll <u>Vegetables</u> Mashed Potatoes <u>Fruit</u> Applesauce</p>	<p>12 <u>Protein/Grains</u> Chicken Nuggets WW Roll <u>Vegetables</u> Caesar Salad <u>Fruit</u> Fresh Mango</p>	13
14	<p>15 <u>Protein/Grains</u> Crispy Drumstick WG Biscuit <u>Vegetables</u> Lima Beans <u>Fruit</u> Apple Slices</p>	<p>16 <u>Protein/Grains</u> Turkey Hot Dog on a WW Roll <u>Vegetables</u> French Fries <u>Fruit</u> Orange Wedges</p>	<p>17 <u>Protein/Grains</u> Cheese Sticks w/ Marinara Sauce <u>Vegetables</u> Asparagus <u>Fruit</u> Pineapple</p>	<p>18 <u>Protein/Grains</u> Corn Dog w/ Fresh Baked Roll <u>Vegetables</u> Garden Salad w/ FF Ranch Dressing <u>Fruit</u> 100 % Fruit Juice</p>	<p>19 Spring Break!!  Have fun!</p>	20
21	<p>Spring Break!!  Enjoy The Sun!</p> <p>Alisha Tresise Food Service Administrator Alisha.Tresise@msd.edu</p>					<p><i>Vegetarian Menu Available Upon Request</i></p>