

Maryland School for the Deaf
Frederick Campus

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

LUNCH May 2019

Salads Offered Everyday!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 <u>Protein/Grains</u> Chicken Patty on a WW Roll <u>Vegetables</u> Tater Tots <u>Fruit</u> Pineapple	30 <u>Protein/Grains</u> Beef & Rice Burritos <u>Vegetables</u> Guacamole Sweet Corn <u>Fruit</u> Apple Slices	1 <u>Protein/Grains</u> Meatball Subs On a WW Roll w/ Cheese <u>Vegetables</u> Lima Beans <u>Fruit</u> Orange Wedges	2 <u>Protein/Grains</u> Cheeseburger On WW Roll <u>Vegetables</u> w/ Lettuce & Tomato Broccoli w/ Cheese <u>Fruit</u> Pears	3 <u>Protein/Grains</u> Chicken Nuggets WW Baked Roll <u>Vegetables</u> Fresh Carrots w/ Ranch Dip <u>Fruit</u> Peaches	4
5	6 <u>Protein/Grains</u> Beef Nachos w/ Cheese & Salsa <u>Vegetables</u> Refried Beans <u>Fruit</u> Peaches	7 <u>Protein/Grains</u> Cheese Quesadilla W/ Salsa & Guacamole <u>Vegetables</u> Sweet Corn <u>Fruit</u> Kiwi	8 <u>Protein/Grains</u> Sloppy Joes on a WW Roll <u>Vegetables</u> Fresh Carrots w/ Ranch Dip <u>Fruit</u> Grapes	9 <u>Protein/Grains</u> Salisbury Steak w/ Gravy WW Baked Roll <u>Vegetables</u> Mashed Potatoes <u>Fruit</u> Applesauce	10 <u>Protein/Grains</u> Cheese Sticks w/ Marinara Sauce <u>Vegetables</u> Garden Salad <u>Fruit</u> Pineapple	11
12	13 <u>Protein/Grains</u> Crispy Drumstick WG Biscuit <u>Vegetables</u> Green Beans <u>Fruit</u> Apple Slices	14 <u>Protein/Grains</u> Turkey Hot Dog on a WW Roll <u>Vegetables</u> French Fries <u>Fruit</u> Orange Wedges	15 <u>Protein/Grains</u> Baked Mac & Cheese WW Garlic Toast <u>Vegetables</u> Broccoli <u>Fruit</u> Peaches	16 <u>Protein/Grains</u> Cheeseburger On WW Roll <u>Vegetables</u> w/ Lettuce & Tomato Baked Beans <u>Fruit</u> Pears	17 <u>Protein/Grains</u> Chicken Nuggets WW Roll <u>Vegetables</u> Caesar Salad <u>Fruit</u> Strawberries	18
19 Alisha Tresise Food Service Administrator Alisha.Tresise@msd.edu	20 <u>Protein/Grains</u> Cheese Sticks w/ Marinara Sauce <u>Vegetables</u> Asparagus <u>Fruit</u> Pineapple	21 <u>Protein/Grains</u> Sweet & Sour Meatballs Seasoned Rice <u>Vegetables</u> Steamed Carrots <u>Fruit</u> Orange Wedges	22 <u>Protein/Grains</u> Beef Tacos w/ Cheese & Salsa <u>Vegetables</u> Black Beans <u>Fruit</u> Sliced Apples	23 <u>Protein/Grains</u> Pasta w/ Red or Meat Sauce WW Bread Stick <u>Vegetables</u> Broccoli <u>Fruit</u> Peaches	24 <u>Protein/Grains</u> Corn Dog w/ Fresh Baked Roll <u>Vegetables</u> Garden Salad w/ Ranch Dressing <u>Fruit</u> 100 % Fruit Juice	<i>Vegetarian Menu Available Upon Request</i>