

Maryland School for the Deaf
Frederick Campus

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

LUNCH March 2019

Soup & Salads Offered Everyday!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 <u>Protein/Grains</u> Chicken Patty on a WW Roll <u>Vegetables</u> Broccoli <u>Fruit</u> Pineapple	5 <u>Protein/Grains</u> Beef & Rice Burritos <u>Vegetables</u> Guacamole Mexican Corn <u>Fruit</u> Apple Slices	6 <u>Protein/Grains</u> Meatball Subs On a WW Roll w/ Cheese <u>Vegetables</u> Green Beans <u>Fruit</u> Orange Wedges	7 <u>Protein/Grains</u> Cheeseburger On WW Roll <u>Vegetables</u> w/ Lettuce & Tomato French Fries <u>Fruit</u> Pears	8 <u>Protein/Grains</u> Chicken Nuggets WW Baked Roll <u>Vegetables</u> Fresh Carrots <u>Fruit</u> Peaches	9
10	11 <u>Protein/Grains</u> Chicken Nachos w/ Cheese & Salsa <u>Vegetables</u> Refried Beans <u>Fruit</u> Mango	12 <u>Protein/Grains</u> Pasta w/ Red or Meat Sauce WW Breadstick <u>Vegetables</u> Asparagus <u>Fruit</u> Kiwi	13 <u>Protein/Grains</u> Sloppy Joes on a WW Roll <u>Vegetables</u> Fresh Carrots <u>Fruit</u> Grapes	14 <u>Protein/Grains</u> Salisbury Steak w/ Gravy WW Baked Roll <u>Vegetables</u> Mashed Potatoes <u>Fruit</u> Applesauce	15 <u>Protein/Grains</u> Turkey Pepperoni Pizza <u>Vegetables</u> Garden Salad <u>Fruit</u> 100 % Fruit Juice	16
17	18 <u>Protein/Grains</u> Crispy Drumstick WG Biscuit <u>Vegetables</u> Lima Beans <u>Fruit</u> Apple Slices	19 <u>Protein/Grains</u> Turkey Hot Dog on a WW Roll <u>Vegetables</u> French Fries <u>Fruit</u> Orange Wedges	20 <u>Protein/Grains</u> Sweet & Sour Meatballs Seasoned Rice <u>Vegetables</u> Broccoli <u>Fruit</u> Pineapple	21 <u>Protein/Grains</u> Beef Soft Tacos w/ Cheese & Lettuce <u>Vegetables</u> Mexican Salad <u>Fruit</u> Pears	22 <u>Protein/Grains</u> Mac & Cheese w/ Garlic Toast <u>Vegetables</u> Asparagus <u>Fruit</u> Fresh Kiwi	23
Alisha Tresise Food Service Administrator Alisha.Tresise@msd.edu	25 <u>Protein/Grains</u> Chicken Nuggets Seasoned Rice <u>Vegetables</u> Caesar Salad <u>Fruit</u> Fresh Mango	26 <u>Protein/Grains</u> Grilled Cheese Gold Fish Crackers <u>Vegetables</u> Tomato Soup <u>Fruit</u> Peaches	27 <u>Protein/Grains</u> Corn dog Split Top WW Roll <u>Vegetables</u> Baked Beans <u>Fruit</u> Grapes	28 <u>Protein/Grains</u> Baked Chicken WW Baked Roll <u>Vegetables</u> Masked Potatoes <u>Fruit</u> Applesauce	29 <u>Protein/Grains</u> Turkey Pepperoni Pizza <u>Vegetables</u> Fresh Carrots & Fresh Celery <u>Fruit</u> 100% Fruit Juice	<i>Vegetarian Menu Available Upon Request</i>