

# LUNCH JANUARY 2019

MSD Columbia Campus Lynette.johnson@msd.edu

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

Monday	Tuesday	Wednesday	Thursday	Friday
SCHOOL CLOSED	1 SCHOOL CLOSED	2 SCHOOL CLOSED	3 SCHOOL CLOSED	4 SCHOOL CLOSED
7 <b>Grains/Protein</b> Fish Sticks (Tartar Sauce) Red Beans and Rice Dinner Roll <b>Vegetables</b> Mixed Vegetables <b>Fruit</b> Sliced Orange	8 <b>Grains/Protein</b> Chicken Patty Whole Wheat Bun <b>Vegetables</b> Green Beans Scalloped Potatoes <b>Fruit</b> Pineapple Tidbits	9 <b>Grains/Protein</b> Spaghetti with Meat Sauce Garlic Bread Parmesan Cheese <b>Vegetables</b> Roasted Cauliflower <b>Fruit</b> Banana	10 <b>Grains/Protein</b> Turkey, Turkey Bacon Whole Wheat Bread <b>Vegetables</b> Romaine Lettuce Tomato Slice, Pickle Spears Minestrone Soup <b>Fruit</b> Grapes	11 <b>Grains/Protein</b> Hot Dog with Chili Hot Dog Roll Vegetarian Baked Beans <b>Vegetables</b> Cucumber salad <b>Fruit</b> Sliced Apple
14 <b>Grains/Protein</b> Cheese Pizza <b>Vegetables</b> California Blend Veggies Fresh Cucumber Slices Cool Cucumber/Yogurt Dip <b>Fruit</b> Sliced Orange	15 <b>Grains/Protein</b> Beefsteak, Cheese Whole Wheat Roll <b>Vegetables</b> Lettuce, Tomato Baked Onion Rings <b>Fruit</b> Pineapple Tidbits	16 <b>Grains/Protein</b> Chicken Nuggets (Dipping Sauce) Whole Wheat Roll <b>Vegetables</b> Sweet Potato Fries Green Beans <b>Fruit</b> Banana	17 <b>Grains/Protein</b> Beef Teriyaki Fried Rice Fortune Cookie <b>Vegetables</b> Broccoli Salad <b>Fruit</b> Grapes	18 <b>Grains/Protein</b> Ground Beef Cheddar Cheese, Sour Cream Bagged Chips <b>Vegetables</b> Diced Tomato, Corn Shredded Lettuce Salsa <b>Fruit</b> Sliced Apple
21 SCHOOL CLOSED	22 <b>Grains/Protein</b> Corndogs Vegetarian Baked Beans <b>Vegetables</b> Carrot Slaw <b>Fruit</b> Pineapple Tidbits	23 <b>Grains/Protein</b> Chicken in Alfredo Sauce Whole Wheat Twist Pasta Garlic Bread <b>Vegetables</b> Steamed Broccoli <b>Fruit</b> Banana	24 <b>Grains/Protein</b> Baked Chicken (Gravy) Dinner Roll <b>Vegetables</b> Mashed Potatoes Collard Greens <b>Fruit</b> Grapes	25 <b>Grains/Protein</b> BBQ Ribette Whole Wheat Bun <b>Vegetables</b> Corn Cucumber Salad <b>Fruit</b> Sliced Apple
28 <b>Grains/Protein</b> Chicken Tenders Dinner Roll <b>Vegetables</b> 3 Bean Salad Tomato Soup <b>Fruit</b> Sliced Orange	29 <b>Grains/Protein</b> Cheeseburger Whole Wheat Bun <b>Vegetables</b> Lettuce, Pickles Sliced Tomato Baked French Fries Baby Carrots Cool Cucumber/Yogurt Dip <b>Fruit</b> Pineapple Tidbits	30 <b>Grains/Protein</b> Cheese Quesadilla Spanish Rice <b>Vegetables</b> Side Salad (Fat Free Dressing) Salsa (Sour Cream) <b>Fruit</b> Banana	31 <b>Grains/Protein</b> Roast Turkey Breast Whole Wheat Bread Slice <b>Vegetables</b> Green Peppers, Onion Roasted Herb Potato <b>Fruit</b> Grapes	