

DINNER OCTOBER 2019

MSD Columbia Campus Lynette.johnson@msd.edu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Orange Chicken Fried Rice Egg Roll Fortune Cookie Soy Sauce/ Duck Sauce Chocolate or Vanilla Pudding	2 Salisbury Steak with Gravy Mashed Potatoes Sweet Peas Dinner Roll, Butter Cookies	3 Quesadilla (Cheese or Chicken) Sweet Corn Spanish Rice Salsa, Sour Cream Ice Cream	4
7 Chicken Parmesan Whole Wheat Pasta Diced Carrots Garlic Bread Cake or Cupcake	8 Baked Fish Macaroni & Cheese Collard Greens Dinner Roll, Butter Ice Cream	9 Meatloaf with Gravy Mashed Potatoes String Beans Buttermilk Biscuit Banana Pudding	10 Beef Taco: Lettuce, Tomato Shredded Cheese Sour Cream, Taco Sauce Sweet Corn Churro Donut	11
14 SCHOOL CLOSED	15 Beefaroni Tossed Salad Fat Free Dressing Sliced Carrots Bread Sticks Cake or Cupcakes	16 Chicken Twist Strips Au Gratin Potatoes Ketchup String Beans Cookies	17 <u>Cheesy Chicken Bowl:</u> Popcorn Chicken Mashed Potatoes and Gravy Corn Buttermilk Biscuit Ice Cream	18
21 Crispy Baked Chicken Roasted Vegetables & Pasta Carrots Dinner Roll Brownies & Ice Cream w/ Caramel Drizzle	22 Baked Pork Chops Baked Potato Loaded with Cheese, Bacon Bits, and Sour Cream Broccoli Funnel Cake	23 Baked Turkey Wings Rice Pilaf Comfy Collards Cornbread Pudding	24 Pepperoni Pizza Tossed Salad Fat Free Dressing French Fries Ketchup Ice Cream	25
28 Meatball Sub with Parmesan Fresh Steamed Broccoli Mozzarella Sticks Pretzel Poppers	29 Orange Chicken Fried Rice Egg Roll Fortune Cookie Soy Sauce/ Duck Sauce Chocolate or Vanilla Pudding	30 Salisbury Steak with Gravy Mashed Potatoes Sweet Peas Dinner Roll, Butter Cookies	31 Quesadilla (Cheese or Chicken) Sweet Corn Spanish Rice Salsa, Sour Cream Ice Cream	