

Maryland School for the Deaf  
Frederick Campus

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

# LUNCH February 2019

Soup & Salads Offered Everyday!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 <b>Protein/Grains</b> Chicken Patty on a WW Roll <b>Vegetables</b> Broccoli <b>Fruit</b> Pineapple	5 <b>Protein/Grains</b> Beef & Rice Burritos <b>Vegetables</b> Guacamole Mexican Corn <b>Fruit</b> Apple Slices	6 <b>Protein/Grains</b> Meatball Subs On a WW Roll w/ Cheese <b>Vegetables</b> Green Beans <b>Fruit</b> Orange Wedges	7 <b>Protein/Grains</b> Cheeseburger On WW Roll <b>Vegetables</b> w/ Lettuce & Tomato French Fries <b>Fruit</b> Pears	8 <b>Protein/Grains</b> Chicken Nuggets WW Baked Roll <b>Vegetables</b> Fresh Carrots <b>Fruit</b> Peaches	9
10	11 <b>Protein/Grains</b> Chicken Nachos w/ Cheese & Salsa <b>Vegetables</b> Refried Beans <b>Fruit</b> Mango	12 <b>Protein/Grains</b> Pasta w/ Red or Meat Sauce WW Breadstick <b>Vegetables</b> Asparagus <b>Fruit</b> Kiwi	13 <b>Protein/Grains</b> Turkey & Cheese on WW Bread <b>Vegetables</b> Fresh Carrots <b>Fruit</b> Grapes	14 <b>Protein/Grains</b> Salisbury Steak w/ Gravy WW Baked Roll <b>Vegetables</b> Mashed Potatoes <b>Fruit</b> Applesauce	15 <b>Protein/Grains</b> Turkey Pepperoni Pizza <b>Vegetables</b> Garden Salad <b>Fruit</b> Grapes	16
17	18 <b>Closed</b>	19 <b>Protein/Grains</b> Turkey Hot Dog on a WW Roll <b>Vegetables</b> French Fries <b>Fruit</b> Orange Wedges	20 <b>Protein/Grains</b> Sweet & Sour Meatballs Seasoned Rice <b>Vegetables</b> Broccoli <b>Fruit</b> Pineapple	21 <b>Protein/Grains</b> Crispy Drumstick WG Biscuit <b>Vegetables</b> Lima Beans <b>Fruit</b> Apple Slices	22 <b>Protein/Grains</b> Mac & Cheese w/ Garlic Toast <b>Vegetables</b> Asparagus <b>Fruit</b> Fresh Kiwi	23
Alisha Tresise Food Service Administrator Alisha.Tresise@msd.edu	25 <b>Protein/Grains</b> Grilled Cheese Gold Fish Crackers <b>Vegetables</b> Tomato Soup <b>Fruit</b> Peaches	26 <b>Protein/Grains</b> Chicken Nuggets Seasoned Rice <b>Vegetables</b> Caesar Salad <b>Fruit</b> Fresh Mango	27 <b>Protein/Grains</b> Corndog Split Top WW Roll <b>Vegetables</b> Baked Beans <b>Fruit</b> Grapes	28 <b>Protein/Grains</b> Baked Chicken WW Baked Roll <b>Vegetables</b> Masked Potatoes <b>Fruit</b> Applesauce	1 <b>Protein/Grains</b> Turkey Pepperoni Pizza <b>Vegetables</b> Fresh Carrots & Fresh Celery <b>Fruit</b> 100% Fruit Juice	<i>Vegetarian Menu Available Upon Request</i>