

LUNCH NOVEMBER 2018

MSD Columbia Campus Lynette.johnson@msd.edu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grains/Protein Turkey, Turkey Bacon Whole Wheat Bread Vegetables Romaine Lettuce Tomato Slice, Pickle Spears Minestrone Soup Fruit Grapes	2 Grains/Protein Hot Dog with Chili Hot Dog Roll Vegetarian Baked Beans Vegetables Cucumber salad Fruit Sliced Apple
5 Grains/Protein Cheese Pizza Vegetables California Blend Veggies Fresh Cucumber Slices Cool Cucumber/Yogurt Dip Fruit Sliced Orange	6 Grains/Protein Beefsteak, Cheese Whole Wheat Roll Vegetables Lettuce, Tomato Baked Onion Rings Fruit Pineapple Tidbits	7 Grains/Protein Chicken Nuggets (Dipping Sauce) Whole Wheat Roll Vegetables Sweet Potato Fries Green Beans Fruit Banana	8 Grains/Protein Beef Teriyaki Fried Rice Fortune Cookie Vegetables Broccoli Salad Fruit Grapes	9 Grains/Protein Ground Beef Cheddar Cheese, Sour Cream Bagged Chips Vegetables Diced Tomato, Corn Shredded Lettuce Salsa Fruit Sliced Apple
12 Grains/Protein Sloppy Joe Whole Wheat Bun Vegetables Tater Tots Peas Fruit Sliced Orange	13 Grains/Protein Corndogs Vegetarian Baked Beans Vegetables Carrot Slaw Fruit Pineapple Tidbits	14 Grains/Protein Chicken in Alfredo Sauce Whole Wheat Twist Pasta Garlic Bread Vegetables Steamed Broccoli Fruit Banana	15 Grains/Protein Roast Turkey Dinner Roll (Stuffing, Gravy) Vegetables Green Beans Sweet Potatoes Fruit Grapes	16 Grains/Protein BBQ Ribette Whole Wheat Bun Vegetables Corn Cucumber Salad Fruit Sliced Apple
19 Grains/Protein Chicken Tenders Dinner Roll Vegetables 3 Bean Salad Tomato Soup Fruit Sliced Orange	20 Grains/Protein Cheeseburger Whole Wheat Bun Vegetables Lettuce, Pickles Sliced Tomato Baked French Fries Baby Carrots Cool Cucumber/Yogurt Dip Fruit Pineapple Tidbits	21 Grains/Protein Cheese Quesadilla Spanish Rice Vegetables Side Salad (Fat Free Dressing) Salsa (Sour Cream) Fruit Banana	22 SCHOOL CLOSED	23 SCHOOL CLOSED
26 Grains/Protein Fish Sticks (Tartar Sauce) Red Beans and Rice Dinner Roll Vegetables Mixed Vegetables Fruit Sliced Orange	27 Grains/Protein Chicken Patty Whole Wheat Bun Vegetables Green Beans Scalloped Potatoes Fruit Pineapple Tidbits	28 Grains/Protein Spaghetti with Meat Sauce Garlic Bread Parmesan Cheese Vegetables Roasted Cauliflower Fruit Banana	29 Grains/Protein Turkey, Turkey Bacon Whole Wheat Bread Vegetables Romaine Lettuce Tomato Slice, Pickle Spears Minestrone Soup Fruit Grapes	30 Grains/Protein Hot Dog with Chili Hot Dog Roll Vegetarian Baked Beans Vegetables Cucumber salad Fruit Sliced Apple