

LUNCH FEBRUARY 2019

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 Pepperoni Pizza Vegetables Tossed Salad (Fat Free Dressing) Baked Potato Fries (Ketchup) Fruit Sliced Apple
4 Grains/Protein Fish Sticks (Tartar Sauce) Red Beans and Rice Dinner Roll Vegetables Mixed Vegetables Fruit Sliced Orange	5 Grains/Protein Chicken Patty Whole Wheat Bun Vegetables Green Beans Scalloped Potatoes Fruit Pineapple Tidbits	6 Grains/Protein Spaghetti with Meat Sauce Garlic Bread Parmesan Cheese Vegetables Roasted Cauliflower Fruit Banana	7 Grains/Protein Turkey, Turkey Bacon Whole Wheat Bread Vegetables Romaine Lettuce Tomato Slice, Pickle Spears Minestrone Soup Fruit Grapes	8 Grains/Protein Hot Dog with Chili Hot Dog Roll Vegetarian Baked Beans Vegetables Cucumber salad Fruit Sliced Apple
11 Grains/Protein Cheese Pizza Vegetables California Blend Veggies Fresh Cucumber Slices Cool Cucumber/Yogurt Dip Fruit Sliced Orange	12 Grains/Protein Beefsteak, Cheese Whole Wheat Roll Vegetables Lettuce, Tomato Baked Onion Rings Fruit Pineapple Tidbits	13 Grains/Protein Chicken Nuggets (Dipping Sauce) Whole Wheat Roll Vegetables Sweet Potato Fries Green Beans Fruit Banana	14 BREAKFAST FOR LUNCH! Grains/Protein Pancake Bites Scrambled Eggs Turkey Bacon Vegetables Hash Brown Patty Fruit Grapes	15 Grains/Protein Ground Beef Cheddar Cheese, Sour Cream Bagged Chips Vegetables Diced Tomato, Corn Shredded Lettuce Salsa Fruit Sliced Apple
18 SCHOOL CLOSED	19 Grains/Protein Corndogs Vegetarian Baked Beans Vegetables Carrot Slaw Fruit Pineapple Tidbits	20 Grains/Protein Chicken in Alfredo Sauce Whole Wheat Twist Pasta Garlic Bread Vegetables Steamed Broccoli Fruit Banana	21 Grains/Protein Baked Chicken (Gravy) Dinner Roll Vegetables Mashed Potatoes Collard Greens Fruit Grapes	22 Grains/Protein BBQ Ribette Whole Wheat Bun Vegetables Corn Cucumber Salad Fruit Sliced Apple
25 Grains/Protein Chicken Tenders Dinner Roll Vegetables 3 Bean Salad Tomato Soup Fruit Sliced Orange	26 Grains/Protein Cheeseburger Whole Wheat Bun Vegetables Lettuce, Pickles Sliced Tomato Baked French Fries Baby Carrots Cool Cucumber/Yogurt Dip Fruit Pineapple Tidbits	27 Grains/Protein Cheese Quesadilla Spanish Rice Vegetables Side Salad (Fat Free Dressing) Salsa (Sour Cream) Fruit Banana	28 Grains/Protein Roast Turkey Breast (Gravy) Whole Wheat Bread Slice Vegetables Green Peppers, Onion Roasted Herb Potato Fruit Grapes	