

Maryland School for the Deaf
Frederick Campus

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

LUNCH January 2019

Soup & Salads Offered Everyday!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Welcome Back!!</p>	<p>7 <u>Protein/Grains</u> Veggie Chicken Breast on a WW Roll <u>Vegetables</u> Broccoli <u>Fruit</u> Pineapple</p>	<p>8 <u>Protein/Grains</u> Bean & Rice Burritos <u>Vegetables</u> Guacamole Mexican Corn <u>Fruit</u> Apple Slices</p>	<p>9 <u>Protein/Grains</u> Veggie Meatball Subs On a WW Roll w/ Cheese <u>Vegetables</u> Green Beans <u>Fruit</u> Orange Wedges</p>	<p>10 <u>Protein/Grains</u> Veggie Burger On WW Roll <u>Vegetables</u> w/ Lettuce & Tomato French Fries <u>Fruit</u> Pears</p>	<p>11 <u>Protein/Grains</u> Veggie Nuggets WW Baked Roll <u>Vegetables</u> Fresh Carrots <u>Fruit</u> Peaches</p>	12
13	<p>14 <u>Protein/Grains</u> Nachos w/ Cheese & Salsa <u>Vegetables</u> Refried Beans <u>Fruit</u> Mango</p>	<p>15 <u>Protein/Grains</u> Pasta w/ Red Sauce WW Breadstick <u>Vegetables</u> Asparagus <u>Fruit</u> Kiwi</p>	<p>16 <u>Protein/Grains</u> Grilled Cheese on WW Bread <u>Vegetables</u> Fresh Carrots <u>Fruit</u> Grapes</p>	<p>17 <u>Protein/Grains</u> Veggie Burger w/ Gravy WW Baked Roll <u>Vegetables</u> Mashed Potatoes <u>Fruit</u> Applesauce</p>	<p>18 <u>Protein/Grains</u> Cheese Pizza <u>Vegetables</u> Garden Salad <u>Fruit</u> Grapes</p>	19
20	<p>21 <u>Closed</u></p>	<p>22 <u>Protein/Grains</u> Veggie Hot Dog on a WW Roll <u>Vegetables</u> French Fries <u>Fruit</u> Orange Wedges</p>	<p>23 <u>Protein/Grains</u> Sweet & Sour Veggie Meatballs Seasoned Rice <u>Vegetables</u> Broccoli <u>Fruit</u> Pineapple</p>	<p>24 <u>Protein/Grains</u> Veggie Chicken WG Biscuit <u>Vegetables</u> Lima Beans <u>Fruit</u> Apple Slices</p>	<p>25 <u>Protein/Grains</u> Mac & Cheese w/ Garlic Toast <u>Vegetables</u> Asparagus <u>Fruit</u> Fresh Kiwi</p>	26
<p>Alisha Tresise Food Service Administrator Alisha.Tresise@msd.edu</p>	<p>28 <u>Protein/Grains</u> Grilled Cheese Gold Fish Crackers <u>Vegetables</u> Tomato Soup <u>Fruit</u> Peaches</p>	<p>29 <u>Protein/Grains</u> Veggie Nuggets Seasoned Rice <u>Vegetables</u> Caesar Salad <u>Fruit</u> Fresh Mango</p>	<p>30 <u>Protein/Grains</u> Veggie Hot Dog Split Top WW Roll <u>Vegetables</u> Baked Beans <u>Fruit</u> Grapes</p>	<p>31 <u>Protein/Grains</u> Baked Veggie Chicken WW Baked Roll <u>Vegetables</u> Masked Potatoes <u>Fruit</u> Applesauce</p>	<p>1 <u>Protein/Grains</u> Cheese Pizza <u>Vegetables</u> Fresh Carrots & Fresh Celery <u>Fruit</u> 100% Fruit Juice</p>	<p><i>Vegetarian Menu Available Upon Request</i></p>