

LUNCH MARCH 2019

MSD Columbia Campus Lynette.johnson@msd.edu

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Grains/Protein Pepperoni Pizza</p> <p>Vegetables Tossed Salad (Fat Free Dressing) Baked Potato Fries (Ketchup)</p> <p>Fruit Sliced Apple</p>
<p>4</p> <p>Grains/Protein Fish Sticks (Tartar Sauce) Red Beans and Rice Dinner Roll</p> <p>Vegetables Mixed Vegetables</p> <p>Fruit Sliced Orange</p>	<p>5</p> <p>Grains/Protein Chicken Patty Whole Wheat Bun</p> <p>Vegetables Green Beans Scalloped Potatoes</p> <p>Fruit Pineapple Tidbits</p>	<p>6</p> <p>Grains/Protein Spaghetti with Meat Sauce Garlic Bread Parmesan Cheese</p> <p>Vegetables Roasted Cauliflower</p> <p>Fruit Banana</p>	<p>7</p> <p>Grains/Protein Turkey, Turkey Bacon Whole Wheat Bread</p> <p>Vegetables Romaine Lettuce Tomato Slice, Pickle Spears</p> <p>Minestrone Soup</p> <p>Fruit Grapes</p>	<p>8</p> <p>Grains/Protein Hot Dog with Chili Hot Dog Roll</p> <p>Vegetarian Baked Beans</p> <p>Vegetables Cucumber salad</p> <p>Fruit Sliced Apple</p>
<p>11</p> <p>Grains/Protein Cheese Pizza</p> <p>Vegetables California Blend Veggies Fresh Cucumber Slices Cool Cucumber/Yogurt Dip</p> <p>Fruit Sliced Orange</p>	<p>12</p> <p>Grains/Protein Beefsteak, Cheese Whole Wheat Roll</p> <p>Vegetables Lettuce, Tomato Baked Onion Rings</p> <p>Fruit Pineapple Tidbits</p>	<p>13</p> <p>Grains/Protein Chicken Nuggets (Dipping Sauce) Whole Wheat Roll</p> <p>Vegetables Sweet Potato Fries Green Beans</p> <p>Fruit Banana</p>	<p>14 BREAKFAST FOR LUNCH!</p> <p>Grains/Protein Belgium Waffles Scrambled Eggs Turkey Bacon</p> <p>Vegetables Hash Brown Patty</p> <p>Fruit Grapes</p>	<p>15</p> <p>Grains/Protein Ground Beef Cheddar Cheese, Sour Cream Bagged Chips</p> <p>Vegetables Diced Tomato, Corn Shredded Lettuce Salsa</p> <p>Fruit Sliced Apple</p>
<p>18</p> <p>Grains/Protein Sloppy Joes, Whole Grain Roll Tater Tots</p> <p>Vegetables Peas</p> <p>Fruit Sliced Orange</p>	<p>19</p> <p>Grains/Protein Corndogs Vegetarian Baked Beans</p> <p>Vegetables Carrot Slaw</p> <p>Fruit Pineapple Tidbits</p>	<p>20</p> <p>Grains/Protein Chicken in Alfredo Sauce Whole Wheat Twist Pasta Garlic Bread</p> <p>Vegetables Steamed Broccoli</p> <p>Fruit Banana</p>	<p>21</p> <p>Grains/Protein Baked Chicken (Gravy) Dinner Roll</p> <p>Vegetables Mashed Potatoes Collard Greens</p> <p>Fruit Grapes</p>	<p>22</p> <p>Grains/Protein BBQ Ribette Whole Wheat Bun</p> <p>Vegetables Corn Cucumber Salad</p> <p>Fruit Sliced Apple</p>
<p>25</p> <p>Grains/Protein Chicken Tenders Dinner Roll</p> <p>Vegetables 3 Bean Salad Tomato Soup</p> <p>Fruit Sliced Orange</p>	<p>26</p> <p>Grains/Protein Cheeseburger Whole Wheat Bun</p> <p>Vegetables Lettuce, Pickles Sliced Tomato Baked French Fries Baby Carrots Cool Cucumber/Yogurt Dip</p> <p>Fruit Pineapple Tidbits</p>	<p>27</p> <p>Grains/Protein Cheese Quesadilla Spanish Rice</p> <p>Vegetables Side Salad (Fat Free Dressing) Salsa (Sour Cream)</p> <p>Fruit Banana</p>	<p>28</p> <p>Grains/Protein Roast Turkey Breast (Gravy) Whole Wheat Bread Slice</p> <p>Vegetables Green Peppers, Onion Roasted Herb Potato</p> <p>Fruit Grapes</p>	<p>29</p> <p>Grains/Protein Chili Hot Dog on a Bun</p> <p>Vegetables Cucumber Salad Vegetarian Baked Beans</p> <p>Fruit Sliced Apple</p>