

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