

# February 2018

MSD Columbia Campus  
Lynette Johnson, MSW, RD

## LUNCH



**Available Daily:** Fruit, Water, Skim, 1%, Fat Free, Chocolate & Strawberry Milk  
[Check online for menu updates](#)



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Open Faced Turkey on Whole Wheat Slice** 1  
**Roasted Herb Potatoes**  
**Mixed Vegetables**  
**Grapes**

**Chili Hot Dog on a Roll** 2  
**Ketchup, Mustard**  
**Cucumber Salad**  
**Vegetarian Baked Beans**  
**Clementine**

**Cheese Pizza** 5  
**CA Blend Vegetables**  
**Fresh Cucumber Slices**  
**Cool Cucumber/Yogurt Dip**  
**Pineapple Tidbits**

**Cheesesteak Sub on Whole Wheat Roll** 6  
**Lettuce, Tomato**  
**Baked Onion Rings**  
**Ketchup, Mustard, Mayo**  
**Sliced Apples**


**Chicken Nuggets** 7  
**Sweet Potato Fries**  
**Dipping Sauce**  
**Mixed Vegetables**  
**Whole Wheat Roll**  
**Banana**

**Beef Teriyaki** 8  
**Fried Rice, Soy Sauce**  
**Broccoli Salad**  
**Fortune Cookie**  
**Grapes**

**Super Beef Nachos:** 9  
**Shredded Lettuce, Cheddar**  
**Diced Tomatoes**  
**Sour Cream, Salsa, Corn**  
**Clementine**

**Sloppy Joes** 12  
**Tater Tots**  
**Peas**  
**Sliced Peaches**

**BBQ Ribette** 13  
**Whole Wheat Bun**  
**Corn**  
**Cole Slaw**  
**Grapes**

**Breakfast for Lunch!** 14  
**Pancakes, Bacon**  
**Scrambled Eggs, Tater Tots**  
**Banana**  


**Baked Chicken** 15  
**Mashed Potatoes, Gravy**  
**Comfy Collards**  
**Dinner Roll, Butter**  
**Strawberries**

**Corn Dog** 16  
**Mustard, Ketchup**  
**Vegetarian Baked Beans**  
**Cool Cucumber/Yogurt Dip**  
**Baby Carrots, Sliced Apples**



**Cheeseburger on a Bun** 20  
**Ketchup, Mustard, Mayo**  
**Lettuce, Sliced Tomato**  
**Baked French Fries, Pickles**  
**Cool Cucumber/Yogurt Dip**  
**Baby Carrots, Sliced Orange**

**Fish Sticks** 21  
**Tartar Sauce**  
**Red Beans & Rice**  
**Capri Vegetable Blend**  
**Dinner Roll**  
**Banana**

**Turkey BLT on Wheat** 22  
**American Cheese Slice**  
**Turkey Bacon, Mustard, Mayo**  
**Romaine Lettuce, Tomato**  
**Chicken Noodle Soup**  
**Pickle Spears, Grapes**

**Pepperoni Pizza** 23  
**Tossed Salad**  
**Fat Free Dressing**  
**Baked Smile Potato Fries**  
**Ketchup**  
**Clementine**

**Cheese Quesadilla** 26  
**Side Salad**  
**Fat Free Dressing**  
**Spanish Rice**  
**Salsa, Sour Cream**  
**Strawberries**

**Chicken Patty** 27  
**Whole Wheat Bun**  
**Ketchup, Mayo**  
**Green Beans**  
**Scalloped Potatoes**  
**Grapes**

**Spaghetti w/ Meat Sauce** 28  
**Parmesan Cheese**  
**Roasted Cauliflower**  
**Garlic Bread**  
**Banana**

