

WELCOME CENTER LUNCH FINALMENU – DECEMBER, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Barbeque Beef on Bun Creamy Vegetable Soup Peas & Onions Potato Wedges Pears	Chicken Tenders Brown Rice Scandinavian Veggies (2) Dinner Roll/Margarine Fruit Cocktail	HAPPY BIRTHDAY! Chicken Tikka Masala Brown Rice Carrots, Broccoli Wheat Bread/Margarine Applesauce Chocolate Chip Cookie	ADS CLOSED	Chicken & Potato Casserole Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches
10	11	12	13	14
Pork Cutlet w/Gravy Green Beans Beets Wheat Bread/Margarine Pineapple Orange Juice 100% Animal Crackers	Meatloaf with Gravy Mashed Potatoes Green Beans Rye Bread (2 pieces) Mustard/Ketchup Fruit Cocktail	Salisbury Steak with Gravy Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2)/Margarine Peaches	Grilled Chicken With Barbeque Sauce Potato Wedges Cheesy Broccoli Bun Applesauce	Cheese Pizza Peas and Onions Sliced Yellow Squash White Bread/Margarine Orange Juice 100% Chocolate Elf Grahams
17	18	19	20	21
Chili with Spaghetti Vegetable Medley (2 serv.) Cheddar Cheese Unsalted Saltine Crackers (2) Pears	Smoked Turkey Sausage With Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 pieces) Mustard/Ketchup Fruit Cocktail	Cherry Glazed Ham Sweet Potato Patties (2) Peas Dinner Roll/Margarine Cranberry Juice Mini Chocolate Eclairs (2 ea.)	Hamburger with Swiss American Cheese Slice Tomato Soup Baked Beans Broccoli Bun Pineapple	Country Fried Steak w/Gravy Potato Wedges Green Beans Wheat Bread/Margarine Grape Juice 100% Sponge Cake
24	25	26	27	28
CHRISTMAS EVE ADS CLOSED	CHRISTMAS DAY ADS CLOSED	Meatloaf w/Gravy Mashed Potatoes Carrots Wheat Bread (2)/Margarine Fruit Cocktail	Roast Turkey with Gravy Herb Dressing Broccoli Cauliflower Wheat Bread/Margarine Strawberry Applesauce	Spaghetti & Meatballs With Marinara Sauce Italian Vegetables Spinach/Vinegar Wheat Bread/Margarine Parmesan Cheese Peaches
31				
Roast Turkey with Gravy Mashed Potatoes Vegetable Medley Dinner Roll/Margarine Cranberry Juice Chocolate Elf Grahams			Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup each), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint). Starch Grams: Whole Wheat & Whole Grain Bread – 1 slice = 31 Hamburger Bun = 57; Dinner Roll = 31 Hoagie Bun = 73 Saline Crackers – 4 crackers = 1 serving Call 513-536-4118 with menu questions	In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer
All meals are served with milk. Menu is subject to change without notice.				