

## WELCOME CENTER LUNCH FINAL MENU – NOVEMBER, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
<p>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).</p> <p>Starch Grams:                      Whole Wheat &amp; 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</p>	<p>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</p>		<p>BBQ Beef on Bun                      Creamy Vegetable Soup                      Peas and Onions                      Potato Wedges                      Pears</p>	<p><b>HAPPY BIRTHDAY!</b>                      Swiss Steak                      w/Peppers &amp; Onions                      Stewed Tomatoes                      O'Brien Potatoes                      Wheat Bread (2)/Margarine                      Pears</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p>Chicken Tenders                      Brown Rice                      Scandinavian Veggies (2)                      Dinner Roll/Margarine                      Fruit Cocktail</p>	<p>Hawaiian Pineapple Ham                      Whipped Sweet Potatoes                      Peas                      Wheat Bread (2 slices)                      Margarine                      Mandarin Oranges</p>	<p>Country Fried Steak w/Gravy                      Potato Wedges                      Green Beans                      Wheat Bread/Margarine                      Grape Juice 100%                      Chocolate Elf Grahams</p>	<p>Chicken &amp; Potato Casserole                      Broccoli (2 servings)                      Wheat Bread (2 slices)                      Margarine                      Peaches</p>	<p>Chicken with Gravy                      Green Beans                      Beets                      Wheat Bread/Margarine                      Pineapple Orange Juice 100%                      Animal Crackers</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p style="text-align: center;"><b>VETERANS' DAY</b></p> <p style="text-align: center;"><b>ADS CLOSED</b></p>	<p>Grilled Chicken                      With Barbeque Sauce                      Potato Wedges                      Cheesy Broccoli                      Bun                      Applesauce</p>	<p>Hamburger with Swiss                      American Cheese Slice                      Tomato Soup                      Baked Beans                      Broccoli                      Bun                      Mustard/Ketchup                      Pineapple</p>	<p>Smoked Turkey Sausage                      With Sauerkraut                      Mashed Potatoes                      Green Beans                      Rye Bread (2 pieces)                      Mustard/Ketchup                      Fruit Cocktail</p>	<p>Cheese Pizza                      Peas &amp; Onions                      Sliced Yellow Squash                      White Bread/Margarine                      Apple Juice 100%                      Chocolate Sponge Cake</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>Roast Turkey with Gravy                      Mashed Potatoes                      Vegetable Medley                      Dinner Roll/Margarine                      Cranberry Juice                      Pumpkin Pie</p>	<p>Chili with Spaghetti                      Vegetable Medley (2 serv.)                      Cheddar Cheese                      Unsalted Saltine Crackers (2)                      Pears</p>	<p>Chicken &amp; Noodles                      With Gravy                      Green Beans/Carrots                      Wheat Bread/Margarine                      Peaches</p>	<p style="text-align: center;"><b>HAPPY THANKSGIVING !</b></p> <p style="text-align: center;"><b>ADS CLOSED</b></p>	<p style="text-align: center;"><b>THANKSGIVING HOLIDAY</b></p> <p style="text-align: center;"><b>ADS CLOSED</b></p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p>Broccoli Cheddar Chicken                      Brown Rice                      Oregon Vegetables                      Corn                      Wheat Bread/Margarine                      Orange Juice 100%                      Sponge Cake</p>	<p>Turkey Ham &amp; Beans                      Mixed Vegetables (2 serv.)                      Cornbread/Margarine                      Fruit Punch 100%                      Animal Crackers</p>	<p>Meatloaf with Gravy                      Mashed Potatoes                      Carrots                      Wheat Bread (2 slices)                      Margarine                      Fruit Cocktail</p>	<p>Baked Chicken with Gravy                      Herb Dressing                      Broccoli                      Cauliflower                      Wheat Bread/Margarine                      Strawberry Applesauce</p>	<p>Spaghetti &amp; Meatballs                      With Marinara                      Italian Vegetables                      Spinach/Vinegar                      Parmesan Cheese                      Wheat Bread/Margarine                      Peaches</p>
<p><b>All meals are served with milk. Menu is subject to change without notice.</b></p>				