

WELCOME CENTER LUNCH FINAL MENU – FEBRUARY, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 | | | | |
| <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 & 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>Turkey Ham & Beans Mixed Vegetables (2 serv.) Cornbread/Margarine Fruit Punch 100% Animal Crackers</p> |
| 4 | 5 | 6 | 7 | 8 |
| <p>Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail</p> | <p>Cheese Pizza Peas and Onions Sliced Yellow Squash White Bread/Margarine Orange Juice 100% Chocolate Elf Grahams</p> | <p>Hamburger on Bun w/Swiss American Cheese Tomato Soup Baked Beans Broccoli Mustard/Ketchup Pineapple</p> | <p>HAPPY BIRTHDAY ! Lemon Pepper Fish With Tartar Sauce Brown Rice Scandinavian Veggies (2 ser.) Dinner Roll/Margarine Fruit Cocktail</p> | <p>Chicken Stew Mixed Vegetables (2 serv.) Cornbread/Margarine Fruit Punch 100% Animal Crackers</p> |
| 11 | 12 | 13 | 14 | 15 |
| <p>Chicken & Potato Casserole Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches</p> | <p>Chili Spaghetti Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2) Pears</p> | <p>Hamburger on Bun Potato Wedges Cheesy Broccoli Strawberry Applesauce</p> | <p>Country Fried Steak w/Gravy Potato Wedges Green Beans Wheat Bread/Margarine Grape Juice 100% Cinnamon Teddy Grahams</p> | <p>Pork Cutlet with Gravy Green Beans, Beets Wheat Bread/Margarine (2) Orange Juice 100% Sponge Cake</p> |
| 18 | 19 | 20 | 21 | 22 |
| <p>Salisbury Steak with Gravy Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2)/Margarine Peaches</p> | <p>Smoked Turkey Sausage With Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 pieces) Fruit Cocktail</p> | <p>Cheese Pizza Peas and Onions Carrot Coins Parmesan Cheese Pineapple</p> | <p>ADS CLOSED TODAY</p> | <p>Chicken Stew w/Peas, Carrots, Red-Skinned Potatoes Green Beans (2 servings) Dinner Roll/Margarine Pineapple Orange Juice 100% Animal Crackers</p> |
| 25 | 26 | 27 | 28 | |
| <p>Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail</p> | <p>Spaghetti and Meatballs With Marinara Italian Vegetables Spinach/Vinegar Wheat Bread/Margarine Parmesan Cheese Peaches</p> | <p>Hawaiian Pineapple Ham Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges</p> | <p>BBQ Beef on Bun Creamy Vegetable Soup Peas and Onions Potato Wedges Pears</p> | |
| <p>All meals are served with milk. Menu is subject to change without notice.</p> | | | | |