

## WELCOME CENTER LUNCH FINALMENU – MARCH, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</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>Hamburger on Bun                      Potato Wedges                      Cheesy Broccoli                      100% Apple Juice                      Sponge Cake</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>Cheese Lasagna w/Marinara                      Peas &amp; Onions                      Carrot Coins                      Parmesan Cheese                      Pineapple</p>	<p>Chicken &amp; Potato Casserole                      Broccoli (2 servings)                      Wheat Bread (2 slices)                      Margarine                      Peaches</p>	<p>Lemon Pepper Fish                      With Tartar Sauce                      Brown Rice                      Scandinavian Veggies (2)                      Dinner Roll/Margarine                      Fruit Cocktail</p>	<p>Country Fried Steak w/Gravy                      Potato Wedges                      Green Beans                      Wheat Bread/Margarine                      Orange Juice 100%                      Cinnamon Teddy Grahams</p>	<p style="color: red;"><b>HAPPY BIRTHDAY !!!</b></p> <p>Chili Spaghetti w/Cheese                      Vegetable Medley (2 servings)                      Parmesan Cheese                      Pears</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>Turkey Ham &amp; Beans                      Mixed Vegetables (2 servings)                      Cornbread/Margarine                      Fruit Punch 100%                      Animal Crackers</p>	<p>Hamburger on Bun                      w/Swiss American Cheese                      Tomato Soup                      Baked Beans                      Broccoli                      Pineapple</p>	<p>Pork Cutlet with Gravy                      Green Beans                      Beets                      Wheat Bread (2 servings)                      Margarine                      Mandarin Oranges</p>	<p>Grilled Chicken                      w/BBQ Sauce on Bun                      Potato Wedges                      Cheesy Broccoli                      Strawberry Applesauce</p>	<p>Cheese Pizza                      Peas &amp; Onions                      Yellow Squash                      White Bread/Margarine                      Grape Juice 100%                      Sponge Cake</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Chicken w/Gravy                      Mashed Potatoes                      Carrots                      Wheat Bread (2 slices)                      Margarine                      Fruit Cocktail</p>	<p>Smoked Turkey Sausage                      w/Sauerkraut                      Mashed Potatoes                      Green Beans                      Rye Bread (2 pieces)                      Fruit Cocktail                      Mustard/Ketchup</p>	<p>Salisbury Steak w/Gravy                      Whipped Sweet Potatoes                      Mixed Vegetables                      Wheat Bread (2)/Margarine                      Peaches</p>	<p>BBQ Beef on Bun                      Creamy Vegetable Soup                      Peas &amp; Onions                      Potato Wedges                      Pears</p>	<p>Cheese Ravioli w/Marinara                      Italian Vegetables                      Spinach/Vinegar                      Wheat Bread/Margarine                      Apple Juice 100%                      Chocolate Elf Grahams</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Hawaiian Pineapple Ham                      Whipped Sweet Potatoes                      Peas                      Wheat Bread (2 slices)                      Margarine                      Mandarin Oranges</p>	<p>Meatloaf w/Gravy                      Mashed Potatoes                      Carrots                      Wheat Bread (2 slices)                      Margarine                      Pineapple</p>	<p>Chicken Stew w/Peas,                      Carrots, Red-Skinned                      Potatoes                      Green Beans (2 servings)                      Dinner Roll/Margarine                      Pineapple Orange Juice 100%                      Chocolate Cake</p>	<p>Baked Chicken with Gravy                      Herb Dressing                      Broccoli                      Cauliflower                      Wheat Bread/Margarine                      Strawberry Applesauce</p>	<p>Cheese Lasagna                      Over Spaghetti                      No Salt Added Marinara                      Italian Vegetables                      Peas                      Cranberry Juice                      Chocolate Chip Cookie</p>
<p><b>All meals are served with milk. Menu is subject to change without notice.</b></p>				