

WELCOME CENTER LUNCH FINAL MENU – APRIL, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Country Fried Steak w/Gravy Potato Wedges Green Beans Wheat Bread/Margarine Grape Juice 100% Cinnamon Teddy Grahams	Chicken with Gravy Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Pineapple	Chili with Spaghetti Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2) Pears	Roast Turkey w/Gravy Herb Dressing Broccoli Cauliflower Wheat Bread/Margarine Strawberry Applesauce	Baked Fish Brown Rice Oregon Vegetables (2 serv.) Apple Juice 100% Chocolate Sponge Cake
8	9	10	11	12
Chicken & Potato Casserole Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches	Turkey Ham and Beans Mixed Vegetables (2 servings) Cornbread/Margarine Fruit Punch 100% Animal Crackers	Pork Cutlet with Gravy Green Beans Beets Wheat Bread (2 servings) Margarine Fruit Cocktail	Spaghetti & Meatballs With Marinara Italian Vegetables Spinach/Vinegar Wheat Bread/Margarine Apple Juice 100% Chocolate Elf Grahams	HAPPY BIRTHDAY!!! Grilled Cheese Sandwich Tomato Soup Italian Vegetables Spinach/Vinegar Orange Juice 100% Chocolate Elf Grahams
15	16	17	18	19
Smoked Turkey Sausage w/Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 pieces) Fruit Cocktail	Hamburger w/Swiss American Cheese Slice on Bun Baked Beans Broccoli Mustard/Ketchup Pineapple	Salisbury Steak w/Gravy Whipped Sweet Potatoes Mixed Vegetables Wheat Bread/Margarine Apple Juice 100% Chocolate Chip Cookie	Roast Pork Loin Brown Rice Oregon Vegetables (2 serv.) Apple Juice 100% Chocolate Sponge Cake	GOOD FRIDAY ADS CLOSED
22	23	24	25	26
Hawaiian Pineapple Ham Whipped Sweet Potatoes Peas Dinner Roll/Margarine Mandarin Oranges Mini Chocolate Eclairs (2)	Roast Turkey with Gravy Mashed Potatoes Vegetable Medley Dinner Roll/Margarine Cranberry Juice Chocolate Elf Grahams	Hamburger on Bun Potato Wedges Cheesy Broccoli Strawberry Applesauce	Fried Steak Italiano w/No-Salt-Added Marinara Spaghetti Italian Vegetables/Peas Apple Juice 100% Sponge Cake	Cinci Four-Way Kidney Beans Broccoli Cheddar Cheese Oyster Crackers Peaches
29	30			
BBQ Beef on Bun Creamy Vegetable Soup Peas and Onions Potato Wedges Pears	Meatloaf w/Gravy Mashed Potatoes Carrots Wheat Bread/Margarine Fruit Cocktail Cinnamon Teddy 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.				