




## September 2019 Welcome Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  HAPPY LABOR DAY	3 Grilled Chicken on a Bun w/ BBQ Sauce Potato Wedges Cheesy Broccoli 100% Orange Juice Cinnamon Grahams Milk	4 Ham Sandwich on Wheat Garden Vegetable Soup w/ Crackers Potato Salad Coleslaw Peaches Milk	5 Spaghetti & Meatballs w/ Marinara & Parmesan Italian Vegetables Spinach / Vinegar Strawberry Applesauce (1) WG Bread Milk	6 Meatloaf w/ Gravy Mashed Potatoes Green Beans (2) Rye Bread Fruit Cocktail Milk
9 Chicken Alfredo over Spaghetti Broccoli Carrots Cinnamon Apples (1) WG Bread Milk	10 Beef Vegetable Stew <i>w/ peas, carrots &amp; red skin potatoes</i> Green Beans (2 servings) Dinner Roll / Margarine Fruit Cup (1) WG Bread Milk	11 <small>In remembrance</small> <b>Chicken Tenders</b> <b>Brown Rice</b> <b>Scandinavian Veggies (2)</b> <b>Fruit Cocktail</b> <b>Dinner Roll / Margarine</b> <b>Milk</b> 	12 Pork Cutlet w/ Gravy Green Beans Beets Wheat Bread (2 slices) Margarine Pears Milk	13 Spaghetti & Meatballs w/ Marinara Italian Vegetables Spinach (1) WG Bread 100% Pineapple Orange Juice Milk
16 Cheese Lasagna Peas & Onions Sliced Yellow Squash Cinnamon Applesauce White Bread / Margarine Milk	17 Ham Sandwich on White Corn Chowder w/ Crackers 3 Bean Salad Potato Salad Mandarin Oranges Milk	18 Hamburger / Bun w/ Swiss American Cheese Baked Beans Broccoli Pineapple Tidbits Milk	19 Roast Beef & Gravy Broccoli (2 servings) Wheat Bread / Margarine 100% Fruit Punch WG Chocolate Grahams Milk	20 Meatloaf w/ Gravy Mashed Potatoes Carrots Wheat Bread / Margarine (1) WG Bread 100% Grape Juice Milk
23 Cinci Four-Way w/ Cheddar Cheese Kidney Beans Broccoli Oyster Crackers Applesauce Milk	24 Hawaiian Pineapple Ham Whipped Sweet Potatoes Peas Wheat Bread (2 slices) 100% Orange Juice Animal Crackers Milk	25 Chicken Salad Sandwich on Wheat Bread Potato Salad Cole Slaw Peaches Milk	26 Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread (2 slices) Fruit Cocktail Milk	27 BBQ Beef / Bun Peas & Onions Potato Wedges 100% Apple Juice Cinnamon Grahams Milk
30 Country Fried Steak w/ Gravy Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Mandarin Oranges Milk	 <b>Autumn Begins September 23<sup>rd</sup></b>		In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write to U.S.D.A., Director Office of Civil Rights, Room 326-W Whittan Building 1400 Independence Ave.; S.W. Washington D.C. 20250-9410 or call (202)720-5964 voice or TDD. "USDA is an equal opportunity provider and employer"	Lunch: 1 cup milk; 2 oz. meat, poultry, fish or cheese, ½ cup cottage cheese; cheese food or eggs(1) or ½ cup cooked dry beans or peas; 4 tbsp peanut butter; 1 cup yogurt; 1 cup veg. or fruit; 2 servings grain/bread. Snack: Any 2 of 4 components ½ cup yogurt; 1 cup milk; ½ c. fruit or veg juice; 1 slice/serving grain or bread. W.G.= Whole Grain

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