
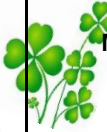








March 2020 Welcome Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>4 Way Chili Spaghetti Cheddar Cheese & Oyster Crackers Broccoli Mandarin Oranges Milk</p>	<p>3</p> <p>Cheese Pizza Peas & Onions Sliced Yellow Squash 100% Pineapple / OJ Juice WG Chocolate Elf Grahams Milk</p> <p>NATIONAL ANTHEM DAY </p>	<p>4</p> <p>Italian Chicken Spaghetti W/ Marinara Italian Vegetables Peas Fruit Cocktail (1) WG Bread Milk</p>	<p>5</p> <p>Swiss Steak w/ Tomatoes, Peppers & Onions Carrots O'Brien Potatoes Pineapple Tidbits (2) Wheat Bread / Margarine Milk</p>	<p>6</p> <p>Fish Stick w/ Tartar Sauce Peas Potato Wedges 100% Apple Juice Wheat Bread / Margarine WG Animal Crackers Milk</p>
<p>9</p> <p>Beef & Noodles w/ Gravy Green Beans Carrots Wheat Roll / Margarine 100% Grape Juice Milk</p>	<p>10</p> <p>Country Fried Steak w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll / Margarine (1) WG Bread Peaches Milk</p>	<p>11</p> <p>BBQ Beef w/ Bun Peas & Onions Potato Wedges Pineapple Tidbits Milk</p>	<p>12</p> <p>Spaghetti & Meatballs w/ Marinara & Parmesan Italian Vegetables Spinach / Vinegar (1) WG Bread Peaches Milk</p>	<p>13</p> <p>Meatloaf OR Southwest Omelet Whipped Sweet Potatoes Mixed Vegetables (2) Wheat Bread / Margarine Applesauce Milk</p>
<p>16</p> <p>Salisbury Steak w/ Gravy Whipped Sweet Potatoes Mixed Vegetables Wheat Bread / Margarine 100% Pineapple OJ Juice WG Cinnamon Teddy Grahams Milk</p>	<p>17</p> <p>Smoked Turkey Sausage w/ Sauerkraut Mashed Potatoes Green Beans (2) Rye Bread Fruit Cocktail Milk</p> 	<p>18</p> <p>Turkey Tetrizzini w/ Peas & Mushrooms Brussel Sprouts Baked Cinnamon Apples (1) WG Bread Milk</p>	<p>19</p> <p>Pork Cutlet w/ Gravy Green Beans Beets Mandarin Oranges (2) Wheat Bread / Margarine Milk</p>  <p>SPRING BEGINS !!!</p>	<p>20</p> <p>Grilled Cheese Sandwich Green Beans Stewed Tomatoes 100% Fruit Punch Milk</p>
<p>23</p> <p>Turkey Ham & Beans Mixed Vegetables (2 servings) Cornbread / Margarine 100% Orange Juice WG Animal Crackers Milk</p>	<p>24</p> <p>Meatloaf w/ Gravy Mashed Potatoes Carrots (2) Wheat Bread / Margarine Fruit Cocktail Milk</p>	<p>25</p> <p>Chicken Potato Casserole Broccoli (2 servings) Wheat Bread / Margarine 100% Grape Juice WG Chocolate Elf Grahams Milk</p>	<p>26</p> <p>Hamburger w/ Swiss American Cheese on a Bun Mustard / Ketchup Potato Wedges Broccoli Pineapple Tidbits Milk</p> <p>REDS OPENING DAY!</p>	<p>27</p> <p>Chicken Tenders OR Lemon Pepper Fish Brown Rice Scandinavian Veggies (2 servings) Dinner Roll / Margarine Applesauce Milk</p>
<p>30</p> <p>Chicken Alfredo over Spaghetti Broccoli Carrots Baked Cinnamon Apples Milk</p> 	<p>31</p> <p>Country Fried Steak w/ Gravy Chicken Noodle Soup w/ Crackers Potato Wedges Green Beans (2) Wheat Bread / Margarine Mandarin Oranges Milk</p>	<p>6</p>  <p>St. Patrick's Day</p> <p>SPRING FORWARD MARCH 8TH !!</p>	<p>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"</p>	<p>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</p> 

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