






2025 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 HAMBURGER on a WG BUN GREEN BEANS YELLOW SQUASH PEACHES MILK</p>	<p>2 HOT DELI HAM SANDWICH w/ SWISS AMERICAN CHEESE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>	<p>3 SPAGHETTI & MEATBALLS SPINACH CALIFORNIA BLEND VEGGIES 1 SLICE OF WG BREAD PEARS MILK</p>	<p>4 CHICKEN TENDERS CORN ZUCCHINI 2 SLICES OF WHEAT BREAD SALSA TROPICAL FRUIT SALAD MILK</p>
<p>7 BEEF VEGETABLE STEW w/ PEAS, CARROTS & RED SKIN POTATOES GREEN BEANS 2 SLICES OF WHEAT BREAD SPICED PEARS w/ CRANBERRIES MILK</p>	<p>8 GRILLED CHEESE SANDWICH ITALIAN VEGETABLES PEAS PEACHES MILK</p>	<p>9 GRILLED CHICKEN BREAST on a WG BUN PEAS & ONIONS POTATO WEDGES 100% GRAPE JUICE MILK</p>	<p>10 MEATLOAF w/ GRAVY MASHED POTATOES w/ CHEESE & CORN GREEN BEANS WG BISCUIT BAKED CINNAMON APPLES MILK</p>	<p>11 PENNE PASTA w/ MEAT SAUCE 2 SICILIAN BLEND VEGGIES FRUIT COCKTAIL MILK</p>
<p>14 ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGETABLE MEDLEYS' SLICE OF WHEAT BREAD MANDARIN ORANGES MILK</p>	<p>15 TACO BOWL BROWN RICE PINTO BEANS CHUCKWAGON CORN CORN CHIPS / SOUR CREAM HOT APPLE CRUMBLE MILK</p>	<p>16 ROAST TURKEY w/ GRAVY MASHED POTATOES VEGETABLE MEDLEY 2 SLICES OF WHEAT BREAD PEARS MILK</p>	<p>17 CINCI STYLE CHILI w/ SPAGHETTI KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTER CRACKERS CINNAMON APPLESAUCE MILK</p>	<p>18 CLOSED in observance of Good Friday.</p> 
<p>21 HAWAIIAN PINEAPPLE HAM ROASTED SWEET POTATOES PEAS WHEAT ROLL 1 SLICE OF WG BREAD MANDARIN ORANGES MILK</p>	<p>22 CHICKEN POTATO CASSEROLE 2 CALIFORNIA BLEND VEGGIES 2 SLICES OF WHEAT BREAD APRICOTS MILK</p>	<p>23 STEAK HOAGIE w/ GRAVY WG HOAGIE BUN POTATO WEDGES BAKED BEANS FRUIT CUP MILK</p>	<p>24 CHICKEN ALFREDO over SPAGHETTI BROCCOLI CARROTS 1 SLICE OF WG BREAD BAKED CINNAMON APPLES MILK</p>	<p>25 CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGGIES 1 SLICE OF WHEAT BREAD PEACHES MILK</p>
<p>28 MEATLOAF w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD PINEAPPLE TIDBITS MILK</p>	<p>29 ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD MANDARIN ORANGES MILK</p>	<p>30 SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGETABLES 2 SLICES OF WHEAT BREAD 100% APPLE JUICE MILK</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: Milk 1 cup; Meat, Poultry, Fish or Cheese 2 oz; ½ cup Cottage Cheese; Cheese food or Eggs (1) OR ½ cup of Cooked Dry Beans or Peas; 4 tsp. of Peanut Butter; 1 cup of Yogurt; 1 cup of Veg. or Fruit; 2 servings of Grain/Bread W.G. = Whole Grain</p> 

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