

NOVEMBER 2022 ~ WELCOME CENTER BREAKFAST / SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 AM: WG PANCAKES STRAWBERRIES MILK PM: WG GOLDFISH PRETZELS PEANUT BUTTER	2 AM: WG BISCUIT TURKEY SAUSAGE PATTY MANDARIN ORANGES MILK PM: STRAWBERRY CHEX MIX MIXED FRUIT	3 AM: WG FRENCH TOAST STICKS STRAWBERRY APPLESAUCE MILK PM: WG TEDDY GRAHAMS FLAVORED MILK	4 AM: WG OAT CEREAL PEACHES MILK PM: COTTAGE CHEESE MANDARIN ORANGES
7 AM: WG GRITS MIXED FRUIT MILK PM: YOGURT MIXED BERRIES	8 AM: WG TOAST EGG PATTY MANDARIN ORANGES MILK PM: WG CHEDDAR CHEX MIX STRING CHEESE	9 AM: CHICKEN PATTY ON A WG BUN 100% APPLE JUICE MILK PM: WG PEANUT BUTTER CRACKERS MILK	10 AM: HARD BOILED EGG WG TOAST STRAWBERRY APPLESAUCE MILK PM: WG BLUEBERRY MUFFIN YOGURT	11 AGENCY CLOSED IN HONOR OF 
14 AM: WG OATMEAL PEACHES MILK PM: WG APPLE CINNAMON MUFFIN YOGURT	15 AM: WG BISCUIT EGG PATTY PEACHES MILK PM: WG CHEDDAR CHEESE CRACKERS MILK	16 AM: WG RICE CEREAL STRAWBERRY APPLESAUCE MILK PM: COTTAGE CHEESE PEACHES	17 AM: WG TOAST w/ CHEESE MIXED FRUIT MILK PM: V-8 JUICE WG CHEDDAR CHEX MIX	18 AM: WG FRENCH TOAST STICKS PEARS MILK PM: WG GOLDFISH PRETZEL CRACKERS PEANUT BUTTER
21 AM: WG BISCUIT TURKEY SAUSAGE PATTY MANDARIN ORANGES MILK PM: WG BLUEBERRY MUFFIN STRING CHEESE	22 AM: WG PANCAKES STRAWBERRIES MILK PM: WG PEANUT BUTTER CRACKERS 100% JUICE	23 AM: WG GRITS PEARS MILK PM: WG TEDDY GRAHAM CRACKERS FLAVORED MILK		
28 AM: WG TOAST HARD BOILED EGG MANDARIN ORANGES MILK PM: WG BLUEBERRY MUFFIN APPLESAUCE	29 AM: WG BISCUIT EGG PATTY w/ CHEESE MIXED FRUIT MILK PM: WG STRAWBERRY CHEX MIX 100% GRAPE JUICE	30 AM: WG OAT CEREAL PEARS MILK PM: COTTAGE CHEESE MANDARIN ORANGES	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	

This institution is an equal opportunity provider.