

NOVEMBER 2022 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">1</p> <p>BBQ BEEF w/ BUN PEAS & ONIONS POTATO WEDGES PEACHES MILK</p>	<p style="text-align: center;">2</p> <p>CHICKEN ALFREDO OVER SPAGHETTI BROCCOLI CARROTS 1 WG BREAD SLICE BAKED CINNAMON APPLES MILK</p>	<p style="text-align: center;">3</p> <p>STEAK HOAGIE w/ BUN POTATO WEDGES BAKED BEANS ORANGE MILK</p>	<p style="text-align: center;">4</p> <p>HAWAIIAN PINEAPPLE HAM WHIPPED SWEET POTATOES PEAS (2) WHEAT BREAD SLICES 100% GRAPE JUICE MILK</p>
<p style="text-align: center;">7</p> <p>CHICKEN TENDERS w/ BROWN RICE (2) SCANDINAVIAN VEGGIES (1) WHEAT BREAD SLICE (1) WG BREAD SLICE PINEAPPLE TIDBITS MILK</p>	<p style="text-align: center;">8</p> <p>ROAST TURKEY w/ GRAVY HERB DRESSING BROCCOLI CAULIFLOWER (1) WHEAT BREAD SLICE (1) WG BREAD SLICE 100% PINEAPPLE OJ MILK</p>	<p style="text-align: center;">9</p> <p>SALISBURY STEAK w/ GRAVY WHIPPED SWEET POTATOES MIXED VEGGIES (2) WHEAT BREAD SLICES PEARS MILK</p>	<p style="text-align: center;">10</p> <p>SMOKED TURKEY SAUSAGE w/ SAUERKRAUT MASHED POTATOES GREEN BEANS (2) RYE BREAD SLICES APPLESAUCE MILK</p>	<p style="text-align: center;">11</p> <p>ADS CLOSED</p> 
<p style="text-align: center;">14</p> <p>SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS (1) WG BREAD SLICE CINNAMON APPLESAUCE MILK</p>	<p style="text-align: center;">15</p> <p>MEATLOAF w/ GRAVY MASHED POTATOES CARROTS (2) WHEAT BREAD SLICES 100% OJ MILK</p>	<p style="text-align: center;">16</p> <p>TURKEY HAM & BEANS (2) MIXED VEGGIES CORNBREAD DINNER ROLL PEARS MILK</p>	<p style="text-align: center;">17</p> <p>CHICKEN w/ GRAVY GREEN BEANS BEETS (2) WHEAT BREAD SLICES PEACHES MILK</p>	<p style="text-align: center;">18</p> <p>HAMBURGER ON A BUN SWISS AMERICAN CHEESE SLICE MUSTARD / KETCHUP POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>
<p style="text-align: center;">21</p> <p>COUNTRY FRIED STEAK w/ GRAVY MASHED POTATOES VEGGIE MEDLEY DINNER ROLL (1) WG BREAD SLICE CRANBERRY APPLE JUICE MILK</p>	<p style="text-align: center;">22</p> <p>CINCI STYLE CHILI w/ SPAGHETTI KIDNEY BEANS CHEDDAR CHEESE OYSTER CRACKERS BROCCOLI FRUIT COCKTAIL MILK</p>	<p style="text-align: center;">23</p> <p>HAMBURGER ON A BUN GREEN BEANS YELLOW SQUASH APPLESAUCE MILK</p>	<p style="text-align: center;">24 & 25</p> <p>ADS CLOSED</p> 	
<p style="text-align: center;">28</p> <p>PORK CUTLET GREEN BEANS BEETS (2) WHEAT BREAD SLICES PEACHES MILK</p>	<p style="text-align: center;">29</p> <p>MACARONI & CHEESE PEAS POTATO WEDGES (2) WHEAT BREAD SLICES PEARS MILK</p>	<p style="text-align: center;">30</p> <p>COUNTRY FRIED STEAK w/ GRAVY POTATO WEDGES GREEN BEANS (2) WHEAT BREAD SLICES FRUIT COCKTAIL 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: 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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