

## MAY 2023 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">1</p> <p style="text-align: center;"><b>PORK CUTLET w/ GRAVY</b> on a HOAGIE BUN POTATO WEDGES BAKED BEANS FRUIT CUP MILK</p>	<p style="text-align: center;">2</p> <p style="text-align: center;"><b>CHICKEN POTATO CASSEROLE</b> 2 CALIFORNIA BLEND VEGGIES 2 WHEAT BREAD SLICES 100% APPLE JUICE MILK</p>	<p style="text-align: center;">3</p> <p style="text-align: center;"><b>PHILLY BEEF STEAK</b> on A BUN w/ SWISS CHEESE POTATO WEDGES VEGETABLE MEDLEY PEARS MILK</p>	<p style="text-align: center;">4</p> <p style="text-align: center;"><b>HAM SANDWICH</b> on WHITE BREAD 3 BEAN SALAD POTATO SALAD MANDARIN ORANGES MILK</p>	<p style="text-align: center;">5</p> <p style="text-align: center;"><b>BEEF TACO SALAD w/</b> SHREDDED LETTUCE, DICED TOMATOES, SHREDDED CHEESE BLACK BEANS and CORN TORTILLA CHIPS / SOUR CREAM PEACHES w/ OAT TOPPING MILK</p>
<p style="text-align: center;">8</p> <p style="text-align: center;"><b>CHICKEN &amp; NOODLES</b> GREEN BEANS CARROTS 1 WG BREAD SLICE 100% CRANBERRY APPLE JUICE MILK</p>	<p style="text-align: center;">9</p> <p style="text-align: center;"><b>HAM SALAD SANDWICH</b> on WHEAT BREAD POTATO SALAD 3 BEAN SALAD FRUIT COCKTAIL MILK</p>	<p style="text-align: center;">10</p> <p style="text-align: center;"><b>BBQ BEEF</b> on a BUN PEAS &amp; ONIONS COLE SLAW PEACHES w/ OAT TOPPING MILK</p>	<p style="text-align: center;">11</p> <p style="text-align: center;"><b>LEMON PEPPER FISH</b> w/ TARTAR SAUCE BROWN RICE 2 SCANDINAVIAN VEGGIES 1 WHEAT BREAD SLICE PEARS MILK</p>	<p style="text-align: center;">12</p> <p style="text-align: center;"><b>CHICKEN ALFREDO</b> over SPAGHETTI BROCCOLI CARROTS BAKED CINNAMON APPLES 1 WG BREAD SLICE &amp; MILK</p>
<p style="text-align: center;">15</p> <p style="text-align: center;"><b>BAKED FISH</b> BROWN RICE GREEN BEANS CARROTS 1 WHEAT BREAD SLICE PEARS MILK</p>	<p style="text-align: center;">16</p> <p style="text-align: center;"><b>SALISBURY STEAK w/ GRAVY</b> PARSLIED POTATOES VEGGIE MEDLEY 2 WHEAT BREAD SLICES 100% ORANGE JUICE MILK</p>	<p style="text-align: center;">17</p> <p style="text-align: center;"><b>HAM SANDWICH</b> on WHEAT BREAD POTATO SALAD COLE SLAW PEACHES MILK</p>	<p style="text-align: center;">18</p> <p style="text-align: center;"><b>MACARONI &amp; CHEESE</b> PEAS POTATO WEDGES BAKED CINNAMON APPLES 1 WG BREAD SLICE MILK</p>	<p style="text-align: center;">19</p> <p style="text-align: center;"><b>CHICKEN &amp; GRAVY</b> EGG NOODLES BROCCOLI CARROTS 100% FRUIT PUNCH 1 WG BREAD SLICE MILK</p>
<p style="text-align: center;">22</p> <p style="text-align: center;"><b>ROAST PORK LOIN</b> BROWN RICE 2 VEGGIE MEDLEY 1 WHEAT BREAD SLICE PEARS MILK</p>	<p style="text-align: center;">23</p> <p style="text-align: center;"><b>CINCI STYLE CHILI</b> w/ SPAGHETTI &amp; KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTER CRACKERS CINNAMON APPLESAUCE MILK</p>	<p style="text-align: center;">24</p> <p style="text-align: center;"><b>BEEF &amp; NOODLES w/ GRAVY</b> GREEN BEANS CARROTS 100% GRAPE JUICE 1 WG BREAD SLICE MILK</p>	<p style="text-align: center;">25</p> <p style="text-align: center;"><b>COUNTRY FRIED STEAK</b> MASHED POTATOES VEGGIE MEDLEY 2 WHEAT BREAD SLICES MANDARIN ORANGES MILK</p>	<p style="text-align: center;">26</p> <p style="text-align: center;"><b>HAMBURGER</b> w/ SWISS AMERICAN CHEESE ON A BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>
<p style="text-align: center;">29</p> <p style="text-align: center;"><b>CLOSED</b> IN HONOR OF <b>MEMORIAL</b> <b>DAY</b></p>	<p style="text-align: center;">30</p> <p style="text-align: center;"><b>ROAST TURKEY</b> HERB DRESSING BROCCOLI CAULIFLOWER 1 WHEAT ROLL PEARS MILK</p>	<p style="text-align: center;">31</p> <p style="text-align: center;"><b>MEATLOAF</b> MASHED POTATOES CARROTS 2 WHEAT BREAD SLICES APPLESAUCE 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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