

JUNE 2023 ~ WELCOME CENTER BREAKFAST / SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p>1 AM: WG TOAST HARD BOILED EGG PEARS MILK PM: PEANUT BUTTER – BERRY YOGURT SMOOTHIE</p>	<p>2 AM: WG FRENCH TOAST STICKS PEACHES MILK PM: WG MINI CORNBREAD LOAF MILK</p>
<p>5 AM: WG RICE CEREAL MANDARIN ORANGES MILK PM: COTTAGE CHEESE PEACHES</p>	<p>6 AM: WG BISCUIT EGG PATTY TURKEY SAUSAGE MANDARIN ORANGES MILK PM: WG APPLE CINNAMON MUFFIN & MILK</p>	<p>7 AM: WG PANCAKES w/ PEANUT BUTTER & BANANAS MILK PM: WG CHEDDAR CHEX MIX RASPBERRY APPLESAUCE</p>	<p>8 AM: CHICKEN PATTY on a WG BUN MIXED FRUIT MILK PM: WG TEDDY GRAHAMS YOGURT</p>	<p>9 AM: WG BISCUIT SAUSAGE GRAVY PEACHES MILK PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS 100% FRUIT JUICE</p>
<p>12 AM: WG WAFFLES MIXED FRUIT MILK PM: WG GRAHAM CRACKERS RASPBERRY APPLESAUCE</p>	<p>13 AM: WG TOAST PEANUT BUTTER MANDARIN ORANGES MILK PM: COTTAGE CHEESE CRUSHED PINEAPPLE</p>	<p>14 AM: WG BISCUIT EGG PATTY w/ CHEESE RASPBERRY APPLESAUCE MILK PM: PEANUT BUTTER CRACKERS CHEESE STICK</p>	<p>15 AM: WG TOAST EGG PATTY TURKEY SAUSAGE MIXED FRUIT MILK PM: WG GRAHAM CRACKERS w/ PEANUT BUTTER</p>	<p>16 AM: WG RICE CEREAL BLUEBERRIES MILK PM: WG STRAWBERRY CHEX MIX YOGURT</p>
<p>19 AM: WG BISCUIT EGG PATTY TURKEY SAUSAGE BANANA MILK PM: SLICE OF WG BREAD w/ PEANUT BUTTER</p>	<p>20 AM: WG FRENCH TOAST STICKS STRAWBERRIES MILK PM: CHEESE STICK LOW SODIUM V-8 JUICE</p>	<p>21 AM: WG TOAST w/ CHEESE HARD BOILED EGG PEACHES MILK PM: WG PEANUT BUTTER CRACKERS 100% FRUIT JUICE</p>	<p>22 AM: WG BISCUIT SAUSAGE GRAVY MIXED FRUIT MILK PM: WG TEDDY GRAHAMS APPLESAUCE</p>	<p>23 AM: WG TOAST EGGY PATTY APPLESAUCE MILK PM: WG CHEDDAR CHEX MIX MILK</p>
<p>26 AM: WG BISCUIT TURKEY SAUSAGE w/ CHEESE PEACHES MILK PM: WG MINI CORNBREAD LOAF MILK</p>	<p>27 AM: WG PANCAKES STRAWBERRIES MILK PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS PEARS</p>	<p>28 AM: WG OAT CEREAL BLUEBERRIES MILK PM: WG APPLE CINNAMON MUFFIN RASPBERRY APPLESAUCE</p>	<p>29 AM: WG WAFFLES MANDARIN ORANGES MILK PM: YOGURT CRUSHED PINEAPPLE</p>	<p>30 AM: CHICKEN PATTY on a WG BUN PEARS MILK PM: WG STRAWBERRY CHEX MIX FLAVORED MILK</p>

This institution is an equal opportunity provider.