

JUNE 2023 ~ WELCOME CENTER LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <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</p> <p>ROAST BEEF SANDWICH on WG WHITE BREAD w/ HORSERADISH 3 BEAN SALAD CARROT & RAISIN SALAD MANDARIN ORANGES MILK</p> | <p>2</p> <p>CHICKEN POTATO CASSEROLE (2) CALIFORNIA VEGGIES (2) WHEAT BREAD SLICES 100% GRAPE JUICE MILK</p> |
| <p>5</p> <p>STEAK HOAGIE on a WG HOAGIE BUN POTATO WEDGES BAKED BEANS MIXED FRUIT MILK</p> | <p>6</p> <p>CHICKEN TENDERS BROWN RICE (2) SCANDINAVIAN VEGGIES WHEAT BREAD SLICE 100% APPLE JUICE MILK</p> | <p>7</p> <p>CHICKEN SALAD SANDWICH on WHEAT BREAD POTATO SALAD CUCUMBER SALAD PEACHES MILK</p> | <p>8</p> <p>PHILLY BEEF STEAK w/ SWISS CHEESE on a WG BUN POTATO WEDGES VEGGIE MEDLEY PEARS MILK</p> | <p>9</p> <p>BAKED FISH BROWN RICE GREEN BEANS CARROTS WHEAT BREAD SLICE FRUIT COCKTAIL MILK</p> |
| <p>12</p> <p>SALISBURY STEAK PARSLIED POTATOES VEGGIE MEDLEY (2) WHEAT BREAD SLICES PINEAPPLE TIDBITS MILK</p> | <p>13</p> <p>TURKEY SANDWICH w/ MAYO on WHEAT BREAD POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK</p> | <p>14</p> <p>FISH STICKS w/ TARTAR SAUCE PEAS POTATO WEDGES (2) WG BREAD SLICES 100% OJ MILK</p> | <p>15</p> <p>GRILLED CHICKEN BREAST on a WG BUN PEAS & ONIONS COLE SLAW PEACHES w/ OAT TOPPING MILK</p> | <p>16</p> <p>MEDITERRANEAN GLAZED SALMON BROCCOLI CARROTS WHEAT ROLL BAKED CINNAMON APPLES MILK</p> |
| <p>19</p> <p>SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS (1) WG BREAD SLICE FRUIT COCKTAIL MILK</p> | <p>20</p> <p>CHICKEN w/ GRAVY BROWN RICE (2) VEGGIE MEDLEY WHEAT BREAD SLICE PEACHES MILK</p> | <p>21</p> <p>BEEF & NOODLES w/ GRAVY GREEN BEANS DICED CARROTS (1) WG BREAD SLICE 100% FRUIT PUNCH MILK</p> | <p>22</p> <p>SPAGHETTI & MEATBALLS w/ MARINARA & PARMESAN ITALIAN VEGGIES SPINACH / VINEGAR (1) WG BREAD SLICE MANDARIN ORANGES MILK</p> | <p>23</p> <p>ROAST TURKEY HERB DRESSING BROCCOLI CAULIFLOWER WHEAT ROLL PEARS MILK</p> |
| <p>26</p> <p>MEATLOAF w/ GRAVY MASHED POTATOES CARROTS (2) WHEAT BREAD SLICES STRAWBERRY APPLESAUCE MILK</p> | <p>27</p> <p>GRILLED CHICKEN w/ BBQ SAUCE on a WG BUN GREEN BEANS YELLOW SQUASH 100% PINEAPPLE- ORANGE JUICE MILK</p> | <p>28</p> <p>HAWAIIAN PINEAPPLE HAM WHIPPED SWEET POTATOES PEAS (2) WHEAT BREAD SLICES FRUIT COCKTAIL MILK</p> | <p>29</p> <p>MEATLOAF w/ GRAVY CHEESY MASHED POTATOES GREEN BEANS (2) WHEAT BREAD SLICES PEACHES MILK</p> | <p>30</p> <p>CHICKEN TENDERS CORN ZUCCHINI SALSA (2) WHEAT BREAD SLICES PINEAPPLE TIDBITS MILK</p> |

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