


SEPTEMBER 2023~ WELCOME CENTER BREAKFAST / SNACK MENUS

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 align="center">1 AM: WG BISCUIT TURKEY SAUSAGE PATTY PEACHES MILK PM: WG CHEDDAR CHEX MIX 100% FRUIT JUICE</p>
<p align="center">4 CLOSED LABOR DAY!</p>  <p align="center">get your grill on!</p>	<p align="center">5 AM: WG WAFFLES PEACHES MILK PM: WG STRAWBERRY CHEX MIX APPLESAUCE</p>	<p align="center">6 AM: WG RICE CEREAL BANANA MILK PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS MIXED FRUIT</p>	<p align="center">7 AM: WG TOAST EGG PATTY MIXED FRUIT MILK PM: WG CHEDDAR CHEESE on CHEESE CRACKERS FLAVORED MILK</p>	<p align="center">8 AM: WG BISCUIT EGG PATTY TURKEY SAUSAGE PATTY PEARS MILK PM: WG BREAD SLICE PEANUT BUTTER</p>
<p align="center">11 AM: WG TOAST PEANUT BUTTER APPLESAUCE MILK PM: YOGURT PEACHES</p>	<p align="center">12 AM: CHICKEN PATTY on a WG BUN MANDARIN ORANGES MILK PM: WG APPLE CINNAMON MUFFIN APPLESAUCE</p>	<p align="center">13 AM: WG BISCUIT SAUSAGE GRAVY PEARS MILK PM: WG MINI CORNBREAD LOAF MILK</p>	<p align="center">14 AM: WG PANCAKES STRAWBERRIES MILK PM: WG CHEDDAR CHEX MIX APPLESAUCE</p>	<p align="center">15 AM: WG TOAST w/ CHEESE EGG PATTY APPLESAUCE MILK PM: COTTAGE CHEESE CRUSHED PINEAPPLE</p>
<p align="center">18 AM: WG FRENCH TOAST STICKS MIXED FRUIT MILK PM: WG GRAHAM CRACKERS w/ PEANUT BUTTER 100% FRUIT JUICE</p>	<p align="center">19 AM: WG BISCUIT EGG PATTY TURKEY SAUSAGE PATTY BLUEBERRIES MILK PM: WG STRAWBERRY CHEX MIX PEARS</p>	<p align="center">20 AM: WG TOAST EGG PATTY TURKEY SAUSAGE PATTY MIXED FRUIT MILK PM: WG PEANUT BUTTER CRACKERS FLAVORED MILK</p>	<p align="center">21 AM: CHICKEN PATTY on a WG BUN MANDARIN ORANGES MILK PM: WG GOLDFISH CRACKERS APPLESAUCE</p>	<p align="center">22 AM: WG OAT CEREAL HARD BOILED EGG MIXED FRUIT MILK PM: WG BLUEBERRY MUFFIN PEARS</p>
<p align="center">25 AM: WG TOAST EGG PATTY TURKEY SAUSAGE PATTY PEACHES MILK PM: WG STRAWBERRY CHEX MIX CHEESE STICK</p>	<p align="center">26 AM: WG PANCAKES TURKEY SAUSAGE PATTY BANANA MILK PM: WG CHEDDAR CHEESE on CHEESE CRACKERS MILK</p>	<p align="center">27 AM: CHICKEN PATTY on a WG BUN MANDARIN ORANGES MILK PM: WG BLUEBERRY MUFFIN YOGURT</p>	<p align="center">28 AM: WG WAFFLES BLUEBERRIES MILK PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS V-8 JUICE</p>	<p align="center">29 AM: WG BISCUIT SAUSAGE GRAVY MIXED FRUIT MILK PM: WG GRAHAM CRACKERS APPLESAUCE</p>

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