


SEPTEMBER 2023 ~ WELCOME CENTER LUNCH 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 align="center">1</p> <p align="center">HAMBURGER w/ SWISS AMERICAN CHEESE WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>
<p align="center">4 ADS CLOSED</p> 	<p align="center">5</p> <p align="center">GRILLED CHICKEN BREAST ITALIAN VEGGIES ROSEMARY GARLIC POTATOES 2 SLICES OF WHEAT BREAD FRUIT CUP & MILK</p>	<p align="center">6</p> <p align="center">ROAST BEEF & GRAVY 2 CALFORNIA BLEND VEGGIES 2 SLICES OF WHEAT BREAD 100% GRAPE JUICE MILK</p>	<p align="center">7</p> <p align="center">HAM SANDWICH on WHITE 3 BEAN SALAD CARROT & RAISIN SALAD MANDARIN ORANGES MILK</p>	<p align="center">8</p> <p align="center">CINCI STYLE CHILI w/ SPAGHETTI CHEDDAR CHEESE OYSTER CRACKERS KIDNEY BEANS BROCCOLI CIN. APPLESAUCE & MILK</p>
<p align="center">11</p> <p align="center">BAKED FISH BROWN RICE GREEN BEANS CARROTS 1 WHEAT BREAD SLICE FRUIT COCKTAIL MILK</p>	<p align="center">12</p> <p align="center">PHILLY BEEF STEAK w/ SWISS CHEESE on a WG BUN POTATO WEDGES VEGGIE MEDLEY 100% APPLE JUICE MILK</p>	<p align="center">13</p> <p align="center">CHICKEN SALAD SANDWICH on WHEAT POTATO SALAD CUCUMBER SALAD PEACHES MILK</p>	<p align="center">14</p> <p align="center">TURKEY HAM & BEANS 2 MIXED VEGGIES CORNBREAD 1 WHEAT BREAD SLICE PEARS MILK</p>	<p align="center">15</p> <p align="center">BEEF & NOODLES ITALIAN VEGGIES GREEN BEANS 100% FRUIT PUNCH 1 WG BREAD SLICE MILK</p>
<p align="center">18</p> <p align="center">MACARONI & CHEESE PEAS POTATO WEDGES 1 WHEAT BREAD SLICE PINEAPPLE TIDBITS GOLDFISH CRACKERS MILK</p>	<p align="center">19</p> <p align="center">BEEF VEGETABLE STEW w/ PEAS, CARROTS & RED SKIN POTATOES 2 GREEN BEANS 2 SLICES OF WHEAT BREAD 100% ORANGE JUICE MILK</p>	<p align="center">20</p> <p align="center">SPAGHETTI & MEATBALLS w/ MARINARA & PARMESAN ITALIAN VEGGIES SPINACH / VINEGAR 1 WG BREAD SLICE MANDARIN ORANGES MILK</p>	<p align="center">21</p> <p align="center">SUMMER SALAD w/ DICED EGGS, SHREDDED CHEESE, GRAPE TOMATOES, BROCCOLI FLORET RANCH DRESSING WHEAT ROLL ANIMAL CRACKERS FRUIT COCKTAIL MILK</p>	<p align="center">22</p> <p align="center">ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGGIE MEDLEY 1 WHEAT BREAD SLICE PEACHES MILK</p>
<p align="center">25</p> <p align="center">ROAST TURKEY w/ GRAVY MASHED POTATOES CARROTS 2 WHEAT BREAD SLICES STRAWBERRY APPLESAUCE MILK</p>	<p align="center">26</p> <p align="center">HAM SANDWICH ON WHEAT POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK</p>	<p align="center">27</p> <p align="center">LEMON PEPPER FISH w/ TARTAR SAUCE BROWN RICE 2 SCANDINAVIAN VEGGIES 1 WHEAT BREAD SLICE PEARS & MILK</p>	<p align="center">28</p> <p align="center">HAWAIIAN PINEAPPLE HAM WHIPPED SWEET POTATOES PEAS 2 WHEAT BREAD SLICES MANDARIN ORANGES MILK</p>	<p align="center">29</p> <p align="center">BBQ BEEF on a WG BUN PEAS & ONIONS COLE SLAW PEACHES w/ OAT TOPPING MILK</p>

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