




## NOVEMBER 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 style="text-align: center;"><b>1</b> AM: WG TOAST EGG &amp; TURKEY SAUSAGE PATTIES PEACHES MILK</p> <p style="text-align: center;">PM: YOGURT BLUEBERRIES</p>	<p style="text-align: center;"><b>2</b> AM: CHICKEN PATTY on a WG BUN PEARS MILK</p> <p style="text-align: center;">PM: WG PEANUT BUTTER CRACKERS MIXED FRUIT</p>	<p style="text-align: center;"><b>3</b> AM: WG RICE CEREAL BANANA MILK</p> <p style="text-align: center;">PM: WG CHEDDAR CHEX MIX V-8 JUICE</p>
<p style="text-align: center;"><b>6</b> AM: WG TOAST PEANUT BUTTER MIXED FRUIT MILK</p> <p style="text-align: center;">PM: WG RITZ BITS CRACKERS STRAWBERRY APPLESAUCE</p>	<p style="text-align: center;"><b>7</b> AM: WG BISCUIT EGG &amp; TURKEY SAUSAGE PATTIES PEACHES MILK</p> <p style="text-align: center;">PM: WG STRAWBERRY CHEX MIX FLAVORED MILK</p>	<p style="text-align: center;"><b>8</b> AM: WG BISCUIT SAUSAGE GRAVY MANDARIN ORANGES MILK</p> <p style="text-align: center;">PM: WG APPLE CINNAMON MUFFIN 100% FRUIT JUICE</p>	<p style="text-align: center;"><b>9</b> AM: WG PANCAKES STRAWBERRIES MILK</p> <p style="text-align: center;">PM: WG CHEDDAR CHEESE ON CHEESE CRACKERS MIXED FRUIT</p>	<p style="font-size: large;"><b>10</b></p> <p style="font-size: x-large; font-weight: bold;">CLOSED</p> <p>IN HONOR OF</p> <p style="font-size: x-large; font-weight: bold;">VETERANS DAY</p> 
<p style="text-align: center;"><b>13</b> AM: WG WAFFLES MANDARIN ORANGES MILK</p> <p style="text-align: center;">PM: WG GRAHAM CRACKERS PEANUT BUTTER</p>	<p style="text-align: center;"><b>14</b> AM: WG BISCUIT EGG PATTY w/ CHEESE APPLESAUCE MILK</p> <p style="text-align: center;">PM: WG RITZ BITSC CHEESE CRACKERS PEARS</p>	<p style="text-align: center;"><b>15</b> AM: WG OAT CEREAL BANANA MILK</p> <p style="text-align: center;">PM: WG WHITE CHEDDAR CHEEZ ITS 100% FRUIT JUICE</p>	<p style="text-align: center;"><b>16</b> AM: CHICKEN PATTY on a WG BUN MIXED FRUIT MILK</p> <p style="text-align: center;">PM: WG MINI CORNBREAD LOAF MILK</p>	<p style="text-align: center;"><b>17</b> AM: WG FRENCH TOAST STICKS PEACHES MILK</p> <p style="text-align: center;">PM: WG CHEDDAR CHEX MIX STRING CHEESE STICK</p>
<p style="text-align: center;"><b>20</b> AM: WG TOAST HARD BOILED EGG MANDARIN ORANGES MILK</p> <p style="text-align: center;">PM: COTTAGE CHEESE CRUSHED PINEAPPLE</p>	<p style="text-align: center;"><b>21</b> AM: WG OATMEAL PEACHES MILK</p> <p style="text-align: center;">PM: WG BLUEBERRY MUFFIN APPLESAUCE</p>	<p style="text-align: center;"><b>22</b> AM: WG WAFFLES TURKEY SAUSAGE PATTY MIXED FRUIT MILK</p> <p style="text-align: center;">PM: WG GOLDFISH PRETZEL CRACKERS PEANUT BUTTER</p>	<p style="font-size: large; font-weight: bold;">CLOSED</p> <p style="font-size: large; font-weight: bold;">NOVEMBER 23 &amp; 24</p> <p style="font-size: x-large; font-weight: bold;">HAPPY THANKSGIVING!</p> <p style="font-weight: bold;">FROM OUR FAMILIES TO YOURS!!</p> 	
<p style="text-align: center;"><b>27</b> AM: WG FRENCH TOAST STICKS MANDARIN ORANGES MILK</p> <p style="text-align: center;">PM: WG PEANUT BUTTER CRACKERS FLAVORED MILK</p>	<p style="text-align: center;"><b>28</b> AM: WG BISCUIT SAUSAGE GRAVY MIXED FRUIT MILK</p> <p style="text-align: center;">PM: WG GOLDFISH CHEDDAR CRACKERS APPLESAUCE</p>	<p style="text-align: center;"><b>29</b> AM: WG TOAST w/ CHEESE SLICE EGG PATTY PEARS MILK</p> <p style="text-align: center;">PM: YOGURT MIXED BERRIES GRAHAM CRACKER CRUMBLES</p>	<p style="text-align: center;"><b>30</b> AM: WG OAT CEREAL PEACHES MILK</p> <p style="text-align: center;">PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS 100% FRUIT JUICE</p>	

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