



NOVEMBER 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>1</p> <p>MEATLOAF w/ GRAVY CHEESY MASHED POTATOES GREEN BEANS FRUIT COCKTAIL 2 SLICES OF RYE BREAD MILK</p>	<p>2</p> <p>ROAST BEEF & GRAVY 2 SERVINGS OF CALIFORNIA BLEND VEGGIES 2 SLICES OF WHEAT BREAD 100% GRAPE JUICE MILK</p>	<p>3</p> <p>CINCI STYLE CHILI w/ SPAGHETTI KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTER CRACKERS CINNAMON APPLESAUCE MILK</p>
<p>6</p> <p>GRILLED CHICKEN w/BBQ SAUCE On a WG BUN GREEN BEANS YELLOW SQUASH PEACHES MILK</p>	<p>7</p> <p>PHILLY BEEF STEAK w/ SWISS CHEESE On a WG BUN POTATO WEDGES VEGGIE MEDLEY 100% APPLE JUICE MILK</p>	<p>8</p> <p>BAKED FISH BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD FRUIT COCKTAIL MILK</p>	<p>9</p> <p>CHICKEN STEW 2 SERVINGS OF MIXED VEGGIES CORNBREAD 1 WHEAT ROLL PEARS MILK</p>	<p>10</p> <div style="text-align: right;">  <p>CLOSED IN HONOR OF VETERANS DAY</p> </div>
<p>13</p> <p>SALISBURY STEAK w/ MUSHROOM GRAVY PARSLED POTATOES MIXED VEGGIES 2 SLICES OF WHEAT BREAD 100% ORANGE JUICE MILK</p>	<p>14</p> <p>BAKED FISH BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD FRUIT COCKTAIL MILK</p>	<p>15</p> <p>ROAST PORK LOIN w/ GRAVY BROWN RICE 2 SERVINGS OF VEGGIE MEDLEY 1 SLICE OF WHEAT BREAD PEACHES MILK</p>	<p>16</p> <p>MACARONI & CHEESE PEAS POTATO WEDGES 1 SLICE OF WHEAT BREAD PINEAPPLE TIDBITS GOLDFISH CRACKERS MILK</p>	<p>17</p> <p>CHICKEN ALFREDO w/ BROCCOLI ITALIAN VEGGIES SPINACH / VINEGAR APPLESAUCE SPONGE CAKE MILK</p>
<p>20</p> <p>ROAST TURKEY w/ GRAVY CRANBERRY SAUCE MASHED POTATOES VEGGIE MEDLEY DINNER ROLL CRANBERRY JUICE PUMPKIN PIE MILK</p>	<p>21</p> <p>HAMBURGER w/ SWISS AMERICAN CHEESE WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>	<p>22</p> <p>MEDITERRANEAN GLAZED SALMON ITALIAN VEGGIES ROSEMARY GARLIC REDSKIN POTATOES 2 SLICES OF WHEAT BREAD APPLESAUCE MILK</p>	<p>23 CLOSED 24 CLOSED</p> <div style="text-align: center;">  <p><i>Happy Thanksgiving</i></p> </div>	
<p>27</p> <p>ROAST TURKEY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD STRAWBERRY APPLESAUCE MILK</p>	<p>28</p> <p>LEMON PEPPER FISH BROWN RICE 2 SERVINGS OF SCANDINAVIAN VEGGIES 1 SLICE OF WHEAT BREAD PEARS MILK</p>	<p>29</p> <p>BBQ BEEF WG BUN PEAS & ONIONS POTATO WEDGES PEACHES MILK</p>	<p>30</p> <p>CHICKEN ALFREDO Over SPAGHETTI BROCCOLI CARROTS BAKED CINNAMON APPLES 1 SLICE OF WG BREAD MILK</p>	<div style="border: 1px solid black; padding: 5px;"> <p><i>Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.</i> <i>-- Ronald Reagan</i></p> </div>

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