

FEBRUARY 2024~ WELCOME CENTER BREAKFAST / SNACK MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Breakfast: Milk 1 cup: Vegetables, Fruit or both ½ cup: Grains 2 oz eq Snack: Any 2 of 4 components: ¾ cup of Yogurt: 1 cup Milk: ½ cup Fruit or Vegetable; 1 oz Grain or Bread Meat or Meat alternate 1 oz eq W.G. = Whole Grain		1 AM: WG TOAST EGG PATTY TURKEY SAUSAGE MANDARIN ORANGES MILK PM: WG CHEDDAR CHEX MIX 100% FRUIT JUICE	2 AM: WG OAT CEREAL BANANA HARD BOILED EGG MILK PM: WG RITZ BITS CHEESE CRACKERS FLAVORED MILK
5 AM: WG FRENCH TOAST STICKS MANDARIN ORANGES MILK PM: WG BLUEBERRY MUFFIN STRAWBERRY APPLESAUCE	6 AM: WG BISCUIT SAUSAGE GRAVY PEACHES MILK PM: WG PEANUT BUTTER CRACKERS MIXED FRUIT	7 AM: WG TOAST HARD BOILED EGG MIXED FRUIT MILK PM: WG STRAWBERRY CHEX MIX APPLESAUCE	8 AM: WG PANCAKES STRAWBERRIES MILK PM: WG WHITE CHEDDAR CHEEZ ITS PEARS	9 AM: WG BISCUIT EGG PATTY PEARS MILK PM: YOGURT MIXED BERRIES GRAHAM CRACKER CRUMBLES
12 AM: WG TOAST EGG PATTY w/ CHEESE SLICE MANDARIN ORANGES MILK PM: WG PEANUT BUTTER CRACKERS PEACHES	13 AM: WG BLUEBERRY WAFFLES MIXED FRUIT MILK PM: WG GRAHAM CRACKERS PINEAPPLE TIDBITS	14 AM: WG BISCUIT TURKEY SAUSAGE PATTY CHEESE SLICE PEACHES & MILK PM: WG PRETZELS PEANUT BUTTER	15 AM: WG TOAST TURKEY SAUSAGE PATTY STRAWBERRY APPLESAUCE MILK PM: WG BLUEBERRY MUFFIN MIXED FRUIT	16 AM: WG FRENCH TOAST STICKS MANDARIN ORANGES MILK PM: WG CHEDDAR CHEX MIX PEARS
19 AM: WG RICE CEREAL BANANA HARD BOILED EGG MILK PM: WG GOLDFISH CHEDDAR CHEESE CRACKERS CINNAMON APPLESAUCE	20 AM: WG TOAST w/ CHEESE SLICE TURKEY SAUSAGE PATTY PEARS MILK PM: WG PEANUT BUTTER CRACKERS & 100% FRUIT JUICE	21 AM: WG FRENCH TOAST STICKS PEACHES MILK PM: STRING CHEESE WG PRETZELS	22 AM: WG BISCUIT SAUSAGE GRAVY MIXED FRUIT MILK PM: WG STRAWBERRY CHEX MIX FLAVORED MILK	23 AM: WG BLUEBERRY WAFFLES MANDARIN ORANGES MILK PM: WG GRAHAM CRACKERS PEANUT BUTTER
26 AM: WG TOAST w/ CHEESE SLICE HARD BOILED EGG PEARS MILK PM: WG APPLE CINNAMON MUFFIN MANDARIN ORANGES	27 AM: WG PANCAKES BLUEBERRIES MILK PM: YOGURT CRUSHED PINEAPPLE	28 AM: WG BISCUIT EGG PATTY MIXED FRUIT MILK PM: WG RITZ BITS CRACKERS PINEAPPLE TIDBITS	29 AM: WG OAT CEREAL HARD BOILED EGG PEACHES MILK PM: WG PRETZELS MIXED FRUIT	

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