


FEBRUARY 2024 ~ WELCOME CENTER LUNCH MENU

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.	Lunch: Milk 1 cup; Meat, Poultry, Fish or Cheese 2 oz; ½ cup Cottage Cheese; Cheese food or Eggs (1) or ½ cup of cooked dry beans or peas; 4 tbsp. of peanut butter; 1 cup of yogurt; 1 cup of veg. or fruit; 2 servings of grain/bread W.G. = Whole Grain		1 ROAST BEEF & GRAVY (2) CALIFORNIA VEGGIES (2) WHEAT BREAD SLICES PEARS MILK	2 PHILLY BEEF STEAK w/ SWISS CHEESE on a WG BUN POTATO WEDGES VEGGIE MEDLEY 100% APPLE JUICE MILK
5 MEATLOAF w/ GRAVY CHEESY MASHED POTATOES GREEN BEANS (2) RYE BREAD SLICES FRUIT COCKTAIL MILK	6 CINCI STYLE CHILI over SPAGHETTI KIDNEY BEANS w/ CHEDDAR CHEESE & OYSTER CRACKERS CINNAMON APPLESAUCE MILK	7 ROSEMARY CHICKEN POTATO WEDGES VEGGIE MEDLEY (2) WHEAT BREAD SLICES PINEAPPLE TIDBITS MILK	8 SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGGIES (2) WHEAT BREAD SLICES PEACHES MILK	9 BAKED FISH BROWN RICE GREEN BEANS CARROTS (1) WHEAT BREAD SLICE MANDARIN ORANGES MILK
12 ROAST PORK LOIN w/ GRAVY BROWN RICE (2) VEGGIE MEDLEY (1) WHEAT BREAD SLICE APPLESAUCE MILK	13 CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS (1) WHEAT BREAD SLICE 100% ORANGE JUICE MILK	14 GRILLED CHICKEN BREAST ITALIAN VEGGIES ROSEMARY GARLIC REDSKIN POTATOES (2) WHEAT BREAD SLICES PEARS MILK	15 HAMBURGER on WG BUN w/ SWISS AMERICAN CHEESE POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK	16 BEEF & NOODLES ITALIAN VEGGIES YELLOW SQUASH (1) WG BREAD SLICE 100% FRUIT JUICE MILK
19 ROAST TURKEY w/GRAVY HERB DRESSING BROCCOLI CAULIFLOWER (1) WHEAT BREAD SLICE 100% GRAPE JUICE MILK	20 GRILLED CHICKEN BREAST on a WG BUN PEAS & ONIONS POTATOE WEDGES PEACHES MILK	21 HAWAIIAN PINEAPPLE HAM WHIPPED SWEET POTATOES PEAS (2) WHEAT BREAD SLICES FRUIT COCKTAIL MILK	22 SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS (1) WG BREAD SLICE MANDARIN ORANGES MILK	23 CHICKEN TENDERS BROWN RICE (2) SCANDINAVIAN VEGGIES (1) WHEAT BREAD SLICE PEARS MILK
26 ROAST TURKEY w/GRAVY MASHED POTATOES CARROTS (2) WHEAT BREAD SLICES PINEAPPLE TIDBITS MILK	27 SPAGHETTI & MEATBALLS w/MARINARA & PARMESAN ITALIAN VEGGIES SPINACH / VINEGAR (1) WG BREAD SLICE FRUIT COCKTAIL MILK	28 STEAK HOAGIES w/GRAVY on a WG HOAGIE BUN POTATO WEDGES BAKED BEANS 100% FRUIT JUICE MILK	29 CHICKEN ALFREDO over SPAGHETTI BROCCOLI CARROTS (1) WG BREAD SLICE BAKED CINNAMON APPLES MILK	

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