


# JANUARY 2024 ~ WELCOME CENTER BREAKFAST / SNACK MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>ADS CLOSED</b> <i>Happy New Year</i>	<b>2</b> AM: WG PANCAKES STRAWBERRIES MILK PM: WG RITZ BITS CHEESE CRACKERS PEACHES	<b>3</b> AM: WG OAT CEREAL BANANA HARD BOILED EGG MILK PM: WG BLUEBERRY MUFFIN APPLESAUCE	<b>4</b> AM: WG TOAST EGG PATTY TURKEY SAUSAGE PATTY V-8 JUICE MILK PM: COTTAGE CHEESE CRUSHED PINEAPPLE	<b>5</b> AM: WG BISCUIT SAUSAGE GRAVY PEACHES MILK PM: WG CHEDDAR CHEX MIX FLAVORED MILK
<b>8</b> AM: WG BLUEBERRY WAFFLES MANDARIN ORANGES MILK PM: WG PRETZELS PINEAPPLE TIDBITS	<b>9</b> AM: WG BISCUIT EGG PATTY w/ CHEESE SLICE MIXED FRUIT MILK PM: WG PEANUT BUTTER CRACKERS PEACHES	<b>10</b> AM: WG TOAST PEANUT BUTTER HARD BOILED EGG STRAWBERRY APPLESAUCE MILK PM: WG STRAWBERRY CHEX MIX 100% FRUIT JUICE	<b>11</b> AM: WG FRENCH TOAST STICKS PEARS MILK PM: YOGURT PEACHES	<b>12</b> AM: WG BISCUIT TURKEY SAUSAGE PATTY CHEESE SLICE MIXED FRUIT MILK PM: WG GRAHAM CRACKERS PEANUT BUTTER
<b>15</b> <b>ADS CLOSED</b> IN HONOR OF <b>MLK DAY</b> 	<b>16</b> AM: WG TOAST EGG PATTY w/ CHEESE SLICE MANDARIN ORANGES MILK PM: WG MINI CORNBREAD FLAVORED MILK	<b>17</b> AM: WG PANCAKES PEANUT BUTTER BANANA MILK PM: STRING CHEESE PEACHES	<b>18</b> AM: WG BISCUIT SAUSAGE GRAVY CINNAMON APPLESAUCE MILK PM: WG APPLE CINNAMON MUFFIN 100% FRUIT JUICE	<b>19</b> AM: WG TOAST EGG PATTY TURKEY SAUSAGE PATTY PEACHES MILK PM: WG WHITE CHEDDAR CHEEZ ITS & PEARS
<b>22</b> AM: WG RICE CEREAL HARD BOILED EGG PEACHES MILK PM: WG GRAHAM CRACKERS CINNAMON APPLESAUCE	<b>23</b> AM: WG WAFFLES MIXED FRUIT MILK PM: YOGURT MIXED BERRIES GRAHAM CRACKER CRUMBLES	<b>24</b> AM: WG BISCUIT EGG PATTY TURKEY SAUSAGE PATTY PEARS MILK PM: WG RITZ BITS CHEESE CRACKERS MANDARIN ORANGES	<b>25</b> AM: WG TOAST EGG PATTY w/ CHEESE SLICE STRAWBERRY APPLESAUCE MILK PM: WG PEANUT BUTTER CRACKERS 100% FRUIT JUICE	<b>26</b> AM: WG FRENCH TOAST STICKS MIXED FRUIT MILK PM: WG CHEDDAR CHEX MIX PEACHES
<b>29</b> AM: WG PANCAKES BLUEBERRIES TURKEY SAUSAGE PATTY MILK PM: WG PRETZELS PEANUT BUTTER	<b>30</b> AM: WG BISCUIT SAUSAGE GRAVY MIXED FRUIT MILK PM: WG STRAWBERRY CHEX MIX PEARS	<b>31</b> AM: WG BLUEBERRY WAFFLES PEACHES MILK PM: WG BLUEBERRY MUFFINS MANDARIN ORANGES	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 yogurt; 1 cup milk; ½ cup fruit or vegetable; 1oz eq grain or bread Meat or meat alternate 1 oz eq W.G.= Whole Grain

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