


JANUARY 2024 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>ADS CLOSED</div> <div>Happy New Year</div>	<div>2</div> <div>CHICKEN POTATO CASSEROLE</div> <div>2 SRV CALIFORNIA BLEND VEGGIES</div> <div>2 SLICES OF WHEAT BREAD</div> <div>100% GRAPE JUICE</div> <div>MILK</div>	<div>3</div> <div>CINCI-STYLE CHILI w/ SPAGHETTI</div> <div>KIDNEY BEANS</div> <div>BROCCOLI</div> <div>CHEDDAR CHEESE</div> <div>OYSTER CRACKERS</div> <div>CINNAMON APPLESAUCE</div> <div>MILK</div>	<div>4</div> <div>HAMBURGER on WG BUN</div> <div>GREEN BEANS</div> <div>YELLOW SQUASH</div> <div>PEACHES</div> <div>MILK</div>	<div>5</div> <div>PHILLY BEEF STEAK</div> <div>w/ SWISS CHEESE on WG BUN</div> <div>POTATO WEDGES</div> <div>VEGGIE MEDLEY</div> <div>100% APPLE JUICE</div> <div>MILK</div>
<div>8</div> <div>MEATLOAF w/ GRAVY</div> <div>CHEESY MASHED POTATOES</div> <div>GREEN BEANS</div> <div>2 SLICES OF RYE BREAD</div> <div>FRUIT COCKTAIL</div> <div>MILK</div>	<div>9</div> <div>BAKED FISH</div> <div>BROWN RICE</div> <div>GREEN BEANS</div> <div>CARROTS</div> <div>1 SLICE OF WHEAT BREAD</div> <div>MANDARIN ORANGES</div> <div>MILK</div>	<div>10</div> <div>SALISBURY STEAK</div> <div>w/ MUSHROOM GRAVY</div> <div>PARSLIED POTATOES</div> <div>MIXED VEGGIES</div> <div>2 WHEAT BREAD SLICES</div> <div>PEACHES</div> <div>MILK</div>	<div>11</div> <div>ROAST PORK LOIN w/ GRAVY</div> <div>BROWN RICE</div> <div>2 SRV VEGGIE MEDLEY</div> <div>1 SLICE OF WHEAT BREAD</div> <div>100% ORANGE JUICE</div> <div>MILK</div>	<div>12</div> <div>MEDITERRANEAN GLAZED SALMON</div> <div>ITALIAN VEGGIES</div> <div>ROSEMARY GARLIC REDSKIN POTATOES</div> <div>2 SLICES OF WHEAT BREAD</div> <div>PEARS</div> <div>MILK</div>
<div>15</div> <div>ADS CLOSED</div> <div>IN HONOR OF</div> <div>MLK DAY</div> <div></div> <div>I HAVE A DREAM</div>	<div>16</div> <div>DELI SLICED HAM</div> <div>w/ AMERICAN CHEESE SLICE</div> <div>on a WG BUN</div> <div>POTATO WEDGES</div> <div>BROCCOLI</div> <div>PINEAPPLE TIDBITS</div> <div>MILK</div>	<div>17</div> <div>PINEAPPLE TOPPED CHICKEN</div> <div>WHIPPED SWEET POTATOES</div> <div>PEAS</div> <div>2 WHEAT BREAD SLICES</div> <div>FRUIT COCKTAIL</div> <div>MILK</div>	<div>18</div> <div>ROAST TURKEY w/ GRAVY</div> <div>HERB DRESSING</div> <div>BROCCOLI</div> <div>CAULIFLOWER</div> <div>1 SLICE OF WHEAT BREAD</div> <div>PEACHES</div> <div>MILK</div>	<div>19</div> <div>SWEDISH MEATBALLS</div> <div>EGG NOODLES</div> <div>BROCCOLI</div> <div>CARROTS</div> <div>100% FRUIT JUICE</div> <div>MILK</div>
<div>22</div> <div>MEATLOAF w/ GRAVY</div> <div>MASHED POTATOES</div> <div>CARROTS</div> <div>2 SLICES OF WHEAT BREAD</div> <div>MANDARIN ORANGES</div> <div>MILK</div>	<div>23</div> <div>CHICKEN TENDERS</div> <div>BROWN RICE</div> <div>2 SRV SCANDINAVIAN VEGGIES</div> <div>1 WHEAT BREAD SLICE</div> <div>PEARS</div> <div>MILK</div>	<div>24</div> <div>BBQ BEEF</div> <div>on a WG BUN</div> <div>PEAS & ONIONS</div> <div>POTATO WEDGES</div> <div>PEACHES</div> <div>MILK</div>	<div>25</div> <div>CHICKEN ALFREDO</div> <div>over SPAGHETTI</div> <div>BROCCOLI</div> <div>CARROTS</div> <div>BAKED CINNAMON APPLES</div> <div>MILK</div>	<div>26</div> <div>STEAK HOAGIE w/ GRAVY</div> <div>WG HOAGIE BUN</div> <div>POTATO WEDGES</div> <div>BAKED BEANS</div> <div>FRUIT CUP</div> <div>MILK</div>
<div>29</div> <div>SPAGHETTI & MEATBALLS</div> <div>w/ MARINARA & PARMESAN</div> <div>ITALIAN VEGGIES</div> <div>SPINACH / VINEGAR</div> <div>1 SLICE OF WG BREAD</div> <div>FRUIT COCKTAIL</div> <div>MILK</div>	<div>30</div> <div>MACARONI & CHEESE</div> <div>PEAS</div> <div>POTATO WEDGES</div> <div>1 SLICE OF WHEAT BREAD</div> <div>CINNAMON APPLESAUCE</div> <div>MILK</div>	<div>31</div> <div>BEEF & NOODLES w/ GRAVY</div> <div>GREEN BEANS</div> <div>CARROTS</div> <div>1 SLICE OF WG BREAD</div> <div>100% PINEAPPLE OJ</div> <div>MILK</div>	<div>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.</div>	
<div>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</div> <div>W.G. = Whole Grain</div>				

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