



MARCH 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	SUNDAY ~ MARCH 10TH SPRING FORWARD 1 HOUR 		1 AM: WG TOAST EGG PATTY MIXED FRUIT MILK PM: WG CHEDDAR GOLDFISH CRACKERS STRAWBERRY APPLESauce
4 AM: WG BISCUIT EGG PATTY MANDARIN ORANGES MILK PM: WG GOLDFISH PRETZELS PEANUT BUTTER	5 AM: WG MINI WAFFLES PEACHES MILK PM: YOGURT BLUEBERRIES GRAHAM CRACKER CRUMBLES	6 AM: WG BISCUIT w/ CHEESE TURKEY SAUSAGE PATTY APPLESAUCE MILK PM: WG MINI CORNBREAD MILK	7 AM: CHICKEN PATTY on a WG BUN MANDARIN ORANGES MILK PM: WG APPLE CINNAMON MUFFIN MIXED FRUIT	8 AM: WG TOAST w/ CHEESE HARD BOILED EGG PEACHES MILK PM: WG PEANUT BUTTER CRACKERS MANDARIN ORANGES
11 AM: WG TOAST w/ CHEESE TURKEY SAUSAGE PATTY PEACHES MILK PM: WG GRAHAM CRACKERS PEANUT BUTTER	12 AM: WG BISCUIT SAUSAGE GRAVY MANDARIN ORANGES MILK PM: WG CHEDDAR CHEESE SANDWICH CRACKERS PEACHES	13 AM: WG FRENCH TOAST STICKS TURKEY SAUSAGE PATTY PEARS MILK PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS 100% FRUIT JUICE	14 AM: WG OAT CEREAL WG TOAST BANANA MILK PM: YOGURT STRAWBERRIES	15 AM: WG BISCUIT EGG ATTY PEACHES MILK PM: WG CHEDDAR CHEX MIX MIXED FRUIT
18 AM: WG PANCAKES STRAWBERRIES MILK PM: WG STRAWBERRY CHEX MIX MIXED FRUIT	19 AM: WG TOAST w/ CHEESE EGG PATTY MIXED FRUIT MILK PM: WG WHITE CHEDDAR CHEEZ IT CRACKERS MANDARIN ORANGES	20 AM: WG BISCUIT TURKEY SAUSAGE PATTY PEACHES MILK PM: WG APPLE CINNAMON MUFFIN FLAVORED MILK	21 AM: WG TOAST PEANUT BUTTER HARD BOILED EGG MIXED FRUIT MILK PM: WG CHEDDAR GOLDFISH APPLESAUCE	22 AM: WG FRENCH TOAST STICKS STRAWBERRY APPLESauce MILK PM: WG RITZ BITS CHEESE CRACKERS PEACHES
25 AM: WG OAT CEREAL WG TOAST CINNAMON APPLESauce MILK PM: WG CHEDDAR CHEX MIX MANDARIN ORANGES	26 AM: CHICKEN PATTY on a WG BUN PEACHES MILK PM: WG PEANUT BUTTER CRACKERS STRAWBERRY APPLESauce	27 AM: WG MINI WAFFLES MIXED FRUIT MILK PM: WG STRAWBERRY CHEX MIX PEACHES	28 AM: WG BISCUIT SAUSAGE GRAVY PEACHES MILK PM: WG GOLDFISH PRETZELS PEANUT BUTTER	29 CLOSED in honor of GOOD FRIDAY 

This institution is an equal opportunity provider.