



MARCH 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 CHEESE LASAGNA ITALIAN VEGGIES YELLOW SQUASH 1 WG SLICE OF BREAD PEACHES MILK
4 MEATLOAF w/ GRAVY CHEESY MASHED POTATOES GREEN BEANS 2 SLICES OF RYE BREAD FRUIT COCKTAIL MILK	5 CINCI STYLE CHILI w/ SPAGHETTI KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTER CRACKERS CINNAMON APPLESAUCE MILK	6 ROAST BEEF & GRAVY 2 CALIFORNIA VEGGIES 2 SLICES OF WHEAT BREAD MANDARIN ORANGES MILK	7 SALISBURY STEAK w/MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGGIES 2 SLICES OF WHEAT BREAD PEACHES MILK	8 GRILLED CHICKEN BREAST ITALIAN VEGGIES ROSEMARY GARLICE REDSKIN POTATOES 2 WHEAT BREAD SLICES PEARS MILK
11 BAKED FISH BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD 100% ORANGE JUICE MILK	12 HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS 2 SLICES OF WHEAT BREAD FRUIT COCKTAIL MILK	13 BAKED FISH BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD FRUIT COCKTAIL MILK	14 HAMBURGER SWISS AMERICAN CHEESE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK	15 CHEESE MANICOTTI w/ PESTO CREAM SAUCE SPINACH CALIFORNIA VEGGIES 100% JUICE MILK
18 SHEPHERD'S PIE MASHED POTATOES BRUSSEL SPROUTS 2 SLICES OF RYE BREAD PEACHES w/OAT TOPPING MILK	19 BBQ BEEF on a WG BUN PEAS & ONIONS POTATO WEDGES PEARS MILK	20 ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGGIE MEDLEYS 1 SLICE OF WHEAT BREAD APPLESAUCE MILK	21 BAKED CHICKEN w/GRAVY HERB DRESSING BROCCOLI CAULIFLOWER 1 SLICE OF WHEAT BREAD 100% GRAPE JUICE MILK	22 FISH STICKS w/TARTAR SAUCE PEAS POTATO WEDGES 2 SLICES OF WHEAT BREAD 100% APPLE JUICE MILK
25 BEEF VEGETABLE STEW w/ PEAS, CARROTS & REDSKIN POTATOES 2 GREEN BEANS 2 SLICES OF WHEAT BREAD PEACHES MILK	26 SPAGHETTI & MEATBALLS W /MARINARA PARMESAN ITALIAN VEGGIES SPINACH/VINEGAR 1 SLICE OF WG BREAD FRUIT COCKTAIL MILK	27 PHILLY BEEF STEAK SWISS CHEESE on a WG BUN POTATO WEDGES VEGGIE MEDLEY MANDARIN ORANGES MILK	28 CHICKEN ALFREDO over SPAGHETTI BROCCOLI CARROTS 1 SLICE OF WG BREAD BAKED CINNAMON APPLES MILK	29 CLOSED in honor of GOOD FRIDAY 

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