

## APRIL 2024 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>1</b></p> <p>HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS DINNER ROLL 1 SLICE OF WG BREAD MANDARIN ORANGES MILK</p>	<p style="text-align: center;"><b>2</b></p> <p>CINCI STYLE CHILI w/ SPAGHETTI KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTER CRACKERS CINNAMON APPLESAUCE MILK</p>	<p style="text-align: center;"><b>3</b></p> <p>MEATLOAF w/ GRAVY CHEESY MASHED POTATOES GREEN BEANS 2 SLICES OF RYE BREAD PEARS MILK</p>	<p style="text-align: center;"><b>4</b></p> <p>SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGGIES 2 SLICES OF WHEAT BREAD PEACHES MILK</p>	<p style="text-align: center;"><b>5</b></p> <p>CHICKEN POTATO CASSEROLE 2 CALIFORNIA BLEND VEGGIES 2 SLICES OF WHEAT BREAD MANDARIN ORANGES MILK</p>
<p style="text-align: center;"><b>8</b></p> <p>HAMBURGER w/ SWISS AMERICAN CHEESE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>	<p style="text-align: center;"><b>9</b></p> <p>CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD 100% APPLE JUICE MILK</p>	<p style="text-align: center;"><b>10</b></p> <p>STEAK HOAGIE WG BUN POTATO WEDGES BAKED BEANS 100% FRUIT JUICE MILK</p>	<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>CLOSED</b> <b>ALL DAY STAFF</b> <b>TRAINING</b></p>	<p style="text-align: center;"><b>12</b></p> <p>BBQ BEEF on a WG BUN PEAS &amp; ONIONS POTATO WEDGES PEARS MILK</p>
<p style="text-align: center;"><b>15</b></p> <p>BEEF VEGETABLE STEW w/ PEAS, CARROTS &amp; RED SKIN POTATOES GREEN BEANS 2 SLICES OF WHEAT BREAD PEACHES MILK</p>	<p style="text-align: center;"><b>16</b></p> <p>CHICKEN w/ GRAVY BROWN RICE VEGGIE MEDLEY 1 SLICE OF WHEAT BREAD APPLESAUCE MILK</p>	<p style="text-align: center;"><b>17</b></p> <p>MEATLOAF w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD 100% CRANBERRY-APPLE JUICE MILK</p>	<p style="text-align: center;"><b>18</b></p> <p>HAMBURGER on a WG BUN GREEN BEANS YELLOW SQUASH MANDARIN ORANGES MILK</p>	<p style="text-align: center;"><b>19</b></p> <p>MEATLOAF w/ GRAVY ITALIAN VEGGIES PEAS 1 SLICE OF WHEAT BREAD 1 SLICE OF WG BREAD 100% FRUIT JUICE MILK</p>
<p style="text-align: center;"><b>22</b></p> <p>CHICKEN STEW 2 MIXED VEGGIES CORNBREAD 1 SLICE OF WHEAT BREAD FRUIT COCKTAIL MILK</p>	<p style="text-align: center;"><b>23</b></p> <p>CHICKEN ALFREDO w/ BROCCOLI ITALIAN VEGGIES SPINACH / VINEGAR 1 SLICE OF WG BREAD PEARS MILK</p>	<p style="text-align: center;"><b>24</b></p> <p>MACARONI &amp; CHEESE PEAS POTATO WEDGES 2 SLICES OF WHEAT BREAD 100% GRAPE JUICE MILK</p>	<p style="text-align: center;"><b>25</b></p> <p>PHILLY BEEF STEAK w/ SWISS CHEESE on a WG BUN POTATO WEDGES VEGGIE MEDLEY 100% ORANGE JUICE MILK</p>	<p style="text-align: center;"><b>26</b></p> <p>CHICKEN ALFREDO over SPAGHETTI BROCCOLI CARROTS 1 SLICE OF WG BREAD BAKED CINNAMON APPLES MILK</p>
<p style="text-align: center;"><b>29</b></p> <p>SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS 1 SLICE OF WG BREAD MANDARIN ORANGES MILK</p>	<p style="text-align: center;"><b>30</b></p> <p>CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGGIES 1 SLICE OF WHEAT BREAD PEARS MILK</p>	<p>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.</p>		<p>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</p> <p>W.G. = Whole Grain</p>

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