

MAY 2024 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>1 SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGETABLES 2 SLICES OF WHEAT BREAD PINEAPPLE TIDBITS MILK</p>	<p>2 ROAST BEEF &amp; GRAVY 2 CALIFORNIA VEGETABLE MEDLEYS 2 SLICES OF WHEAT BREAD FRUIT COCKTAIL MILK</p>	<p>3 BEEF TACO SALAD SHREDDED LETTUCE DICED TOMATOES BLACK BEANS CORN SHREDDED CHEESE TORTILLA CHIPS SOUR CREAM &amp; TACO SAUCE PEACHES w/ OAT TOPPING MILK</p>
<p>6 CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD 100% APPLE JUICE MILK</p>	<p>7 BBQ BEEF on a WG BUN PEAS &amp; ONIONS COLE SLAW PEACHES w/ OAT TOPPING MILK</p>	<p>8 GRILLED CHICKEN BREAST ITALIAN VEGETABLES ROSEMARY GARLIC REDSKIN POTATOES 2 SLICES WHEAT BREAD FRUIT COCKTAIL MILK</p>	<p>9 HAM SANDWICH on WHEAT w/ MUSTARD 3 BEAN SALAD CARROT &amp; RAISIN SALAD MANDARIN ORANGES MILK</p>	<p>10 SPAGHETTI &amp; MEATBALLS w/ MARINARA &amp; PARMESAN ITALIAN VEGETABLES SPINACH / VINEGAR 1 SLICE OF WG BREAD PEARS MILK</p>
<p>13 ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD APRICOTS MILK</p>	<p>14 ROAST PORK LOIN &amp; GRAVY BROWN RICE 2 VEGETABLE MEDLEYS 1 SLICE OF WHEAT BREAD APPLESAUCE MILK</p>	<p>15 SUMMER SALAD with DICED EGGS, SHREDDED CHEESE, GRAPE TOMATOES, BROCCOLI FLORET RANCH DRESSING WG WHEAT ROLL FRUIT COCKTAIL MILK</p>	<p>16 HAMBURGER on a WG BUN GREEN BEANS YELLOW SQUASH MANDARIN ORANGES MILK</p>	<p>17 SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS 1 SLICE OF WG BREAD 100% FRUIT JUICE MILK</p>
<p>20 TURKEY FRANK on a WG BUN POTATO WEDGES VEGGIE MEDLEY SWISS CHEESE / MUSTARD 100% ORANGE JUICE MILK</p>	<p>21 HAM SALAD SANDWICH on WHEAT BREAD POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK</p>	<p>22 CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGETABLE MEDLEYS 1 SLICE WHEAT BREAD PEARS MILK</p>	<p>23 ROAST TURKEY w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD 100% CRAN-APPLE JUICE MILK</p>	<p>24 HAMBURGER on a WG BUN w/ SWISS AMERICAN CHEESE MUSTARD / KETCHUP POTATO WEDGES BROCCOLI WATERMELON MILK</p>
<p>27              CLOSED IN HONOR OF MEMORIAL DAY</p>	<p>28 CHICKEN ALFREDO Over SPAGHETTI BROCCOLI CARROTS 1 SLICE OF WG BREAD BAKED CINNAMON APPLES MILK</p>	<p>29 HAM SANDWICH On WHITE w/ MUSTARD 3 BEAN SALAD POTATO SALAD PINEAPPLE TIDBITS MILK</p>	<p>30 MACARONI &amp; CHEESE PEAS POTATO WEDGES 2 SLICES OF WHEAT BREAD 100% GRAPE JUICE MILK</p>	<p>31 CINCINNATI STYLE CHILI SPAGHETTI CHEDDAR CHEESE OYSTER CRACKERS KIDNEY BEANS BROCCOLI MANDARIN ORANGES MILK</p>

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