


## JULY 2024 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>1</b></p> <p>CHICKEN w/ GRAVY PARSLIED POTATOES MIXED VEGETABLES PEACHES 2 SLICES OF WHEAT BREAD MILK</p>	<p style="text-align: center;"><b>2</b></p> <p>HAM SALAD SANDWICH On WHEAT BREAD 3 BEAN SALAD COLE SLAW MANDARIN ORANGES MILK</p>	<p style="text-align: center;"><b>3</b></p> <p>HAMBURGER w/SWISS AMERICAN CHEESE WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>	<p><b>CLOSED</b></p> 	<p style="text-align: center;"><b>5</b></p> <p>ROAST BEEF &amp; GRAVY 2 CALIFORNIA VEGETABLES PEARS 2 SLICES OF WHEAT BREAD MILK</p>
<p style="text-align: center;"><b>8</b></p> <p>ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD APRICOTS MILK</p>	<p style="text-align: center;"><b>9</b></p> <p>ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGETABLE MEDLEYS 1 SLICE OF WHEAT BREAD APPLESAUCE MILK</p>	<p style="text-align: center;"><b>10</b></p> <p>SUMMER SALAD w/ DICED EGGS, SHREDDED CHEESE, GRAPE TOMATOES, BROCCOLI FLORET RANCH DRESSING WHEAT ROLL FRUIT COCKTAIL MILK</p>	<p style="text-align: center;"><b>11</b></p> <p>MEATLOAF w/ GRAVY ITALIAN VEGGIES PEAS PEACHES 1 SLICE OF WHEAT BREAD 1 SLICE OF WG BREAD MILK</p>	<p style="text-align: center;"><b>12</b></p> <p>ROAST TURKEY w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD 100% CRANBERRY-APPLE JUICE MILK</p>
<p style="text-align: center;"><b>15</b></p> <p>HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS 2 SLICES OF WHEAT BREAD TROPICAL FRUIT SALAD MILK</p>	<p style="text-align: center;"><b>16</b></p> <p>PHILLY BEEF STEAK w/ SWISS CHEESE on a WG BUN POTATO WEDGES VEGETABLE MEDLEY 100% ORANGE JUICE MILK</p>	<p style="text-align: center;"><b>17</b></p> <p>CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGGIES 1 SLICE OF WHEAT BREAD PEARS MILK</p>	<p style="text-align: center;"><b>18</b></p> <p>HAM SALAD SANDWICH on WHEAT BREAD POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK</p>	<p style="text-align: center;"><b>19</b></p> <p>CHICKEN ALFREDO over SPAGHETTI BROCCOLI CARROTS WHEAT ROLL BAKED CINNAMON APPLES MILK</p>
<p style="text-align: center;"><b>22</b></p> <p>CINCI STYLE CHILI SPAGHETTI w/ CHEDDAR CHEESE &amp; OYSTER CRACKERS KIDNEY BEANS BROCCOLI CINNAMON APPLESAUCE MILK</p>	<p style="text-align: center;"><b>23</b></p> <p>HAMBURGER WG BUN GREEN BEANS YELLOW SQUASH MANDARIN ORANGES MILK</p>	<p style="text-align: center;"><b>24</b></p> <p>SPAGHETTI &amp; MEATBALLS w/ MARINARA &amp; PARMESAN ITALIAN VEGGIES SPINACH PEARS DINNER ROLL MILK</p>	<p style="text-align: center;"><b>25</b></p> <p>CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS 100% GRAPE JUICE 1 SLICE OF WHEAT BREAD MILK</p>	<p style="text-align: center;"><b>26</b></p> <p>BBQ BEEF WG BUN PEAS &amp; ONIONS POTATO WEDGES PEACHES MILK</p>
<p style="text-align: center;"><b>29</b></p> <p>SLOPPY JOE WG BUN PEAS CHUCKWAGON CORN PINEAPPLE TIDBITS MILK</p>	<p style="text-align: center;"><b>30</b></p> <p>ROAST BEEF SANDWICH on WG WHITE BREAD 3 BEAN SALAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p style="text-align: center;"><b>31</b></p> <p>STEAK HOAGIE w/ GRAVY WG HOAGIE BUN POTATO WEDGES BAKED BEANS 100% JUICE 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><b>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</b></p> <p><b>W.G. = Whole Grain</b></p>

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