



JUNE 2024 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">3</p> <p>SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGETABLES 2 WHEAT BREAD SLICES PINEAPPLE TIDBITS MILK</p>	<p style="text-align: center;">4</p> <p>CHICKEN POTATO CASSEROLE 2 CALIFORNIA BLEND VEGGIES 2 WHEAT BREAD SLICES PEARS MILK</p>	<p style="text-align: center;">5</p> <p>BBQ BEEF w/ WG BUN PEAS & ONIONS COLE SLAW PEACHES w/OAT TOPPING MILK</p>	<p style="text-align: center;">6</p> <p>HAM SANDWICH ON WHEAT BREAD w/ MUSTARD 3 BEAN SALAD CARROT & RAISIN SALAD MANDARIN ORANGES MILK</p>	<p style="text-align: center;">7</p> <p>GRILLED CHICKEN BREAST ITALIAN VEGETABLES ROSEMARY GARLIC REDSKIN POTATOES 2 WHEAT BREAD SLICES FRUIT COCKTAIL MILK</p>
<p style="text-align: center;">10</p> <p>ORANGE CHICKEN BROWN RICE GREENS BEANS CARROTS WHEAT BREAD SLICE APRICOTS MILK</p>	<p style="text-align: center;">11</p> <p>ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGGIE MEDLEYS WHEAT BREAD SLICE APPLESAUCE MILK</p>	<p style="text-align: center;">12</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;">13</p> <p>HAMBURGER ON WG BUN GREEN BEANS YELLOW SQUASH MANDARIN ORANGES MILK</p>	<p style="text-align: center;">14</p> <p>MEATLOAF w/ GRAVY MASHED POTATOES CARROTS 2 WHEAT BREAD SLICES 100% CRAN-APPLE JUICE MILK</p>
<p style="text-align: center;">17</p> <p>HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS 2 WHEAT BREAD SLICES PEACHES MILK</p>	<p style="text-align: center;">18</p> <p>HAM SALAD ON WHEAT BREAD POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK</p>	<p style="text-align: center;">19</p> <p>PHILLY BEEF STEAK w/ SWISS CHEESE ON WG BUN POTATO WEDGES VEGGIE MEDLEY 100% ORANGE JUICE MILK</p>	<p style="text-align: center;">20</p> <p>CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGGIES WHEAT BREAD SLICE PEARS MILK</p>	<p style="text-align: center;">21</p> <p>SPAGHETTI & MEATBALLS w/ MARINARA & PARMESAN ITALIAN VEGGIES SPINACH / VINEGAR 1 WG BREAD SLICE 100% FRUIT PUNCH MILK</p>
<p style="text-align: center;">24</p> <p>CHICKEN ALFREDO OVER SPAGHETTI BROCCOLI CARROTS BAKED CINNAMON APPLES 1 WG BREAD SLICE MILK</p>	<p style="text-align: center;">25</p> <p>BEEF VEGETABLE STEW w/ PEAS, CARROTS & RED SKIN POTATOES 2 GREEN BEAN SERVINGS 2 WHEAT BREAD SLICES PEACHES MILK</p>	<p style="text-align: center;">26</p> <p>SPAGHETTI & MEATBALLS w/ MARINARA & PARMESAN CHEESE ITALIAN VEGGIES SPINACH DINNER ROLL PEARS MILK</p>	<p style="text-align: center;">27</p> <p>STEAK HOAGIE w/ WG BUN POTATO WEDGES BAKED BEANS ORANGES MILK</p>	<p style="text-align: center;">28</p> <p>CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS WHEAT BREAD SLICE FRUIT COCKTAIL 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</p> <p>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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