



AUGUST 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 align="center">1 ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD APRICOTS MILK</p>	<p align="center">2 ROAST TURKEY w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD 100% CRANBERRY APPLE JUICE MILK</p>
<p align="center">5 PHILLY BEEF STEAK w/ SWISS CHEESE on a WG BUN POTATO WEDGES VEGGIE MEDLEY 100% ORANGE JUICE MILK</p>	<p align="center">6 CHICKEN TENDERS BROWN RICE 2 SERVINGS SCANDINAVIAN VEGGIES 1 SLICE OF WHEAT BREAD PEARS MILK</p>	<p align="center">7 HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS 2 SLICES OF WHEAT BREAD TROPICAL FRUIT SALAD MILK</p>	<p align="center">8 CLOSED FOR STAFF TRAINING</p> 	<p align="center">9 ROAST PORK LOIN w/ GRAVY BROWN RICE 2 SERVINGS VEGGIE MEDLEY 1 SLICE OF WHEAT BREAD STRAWBERRY APPLESAUCE MILK</p>
<p align="center">12 HAMBURGER on a WG BUN GREEN BEANS YELLOW SQUASH MANDARIN ORANGES MILK</p>	<p align="center">13 SALISBURY STEAK w/ GRAVY PARSLIED POTATOES MIXED VEGGIES 2 SLICES OF WHEAT BREAD PEARS MILK</p>	<p align="center">14 BEEF & NOODLES w/ GRAVY GREEN BEANS DICED CARROTS ANIMAL CRACKERS FRUIT COCKTAIL MILK</p>	<p align="center">15 CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD 100% GRAPE JUICE MILK</p>	<p align="center">16 SPAGHETTI & MEATBALLS w/ MARINARA & PARMESAN ITALIAN VEGETABLES SPINACH / VINEGAR 100% FRUIT PUNCH MILK</p>
<p align="center">19 ROAST BEEF & GRAVY 2 SERVINGS CALIFORNIA VEGGIES 2 SLICES OF WHEAT BREAD CINNAMON APPLESAUCE MILK</p>	<p align="center">20 HAM SANDWICH on WHITE BREAD w/ MUSTARD 3 BEAN SALAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">21 GRILLED CHICKEN BREAST on a WG BUN PEAS & ONIONS COLE SLAW PEACHES w/ OAT TOPPING MILK</p>	<p align="center">22 TURKEY HAM & BEANS 2 SERVINGS MIXED VEGGIES CORNBREAD WHEAT ROLL MANDARIN ORANGES MILK</p>	<p align="center">23 ROAST TURKEY w/ GRAVY HERB DRESSING BROCCOLI CAULIFLOWER 1 SLICE OF WHEAT BREAD PAPAYA & MANGO MILK</p>
<p align="center">26 SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS 1 SLICE OF WG BREAD 100% APPLE JUICE MILK</p>	<p align="center">27 SPAGHETTI & MEATBALLS SPINACH CALIFORNIA BLEND VEGGIES 1 SLICE OF WG BREAD PEARS MILK</p>	<p align="center">28 STEAK HOAGIE w/ GRAVY WG HOAGIE BUN POTATO WEDGES BAKED BEANS 100% FRUIT JUICE MILK</p>	<p align="center">29 HAM SALAD SANDWICH ON WHEAT BREAD POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK</p>	<p align="center">30 HOT DELI HAM w/ SWISS AMERICAN CHEESE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>

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