

**OCTOBER 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 align="center"><b>1</b></p> <p align="center"><b>BAKED FISH BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD APRICOTS MILK</b></p>	<p align="center"><b>2</b></p> <p align="center"><b>SPAGHETTI &amp; MEATBALLS SPINACH CALIFORNIA VEGGIES PEARS 1 SLICE OF WG BREAD MILK</b></p>	<p align="center"><b>3</b></p> <p align="center"><b>ROAST TURKEY w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD 100% CRAN-APPLE JUICE MILK</b></p>	<p align="center"><b>4</b></p> <p align="center"><b>ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGGIE MEDLEYS 1 SLICE OF WHEAT BREAD PEACHES MILK</b></p>
<p align="center"><b>7</b></p> <p align="center"><b>STEAK HOAGIE on a WG BUN POTATO WEDGES BAKED BEANS FRESH APPLE MILK</b></p>	<p align="center"><b>8</b></p> <p align="center"><b>HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS 2 SLICES OF WHEAT BREAD TROPICAL FRUIT SALAD MILK</b></p>	<p align="center"><b>9</b></p> <p align="center"><b>SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGGIES 2 SLICES OF WHEAT BREAD 100% FRUIT PUNCH MILK</b></p>	<p align="center"><b>10</b></p> <p align="center"><b>LEMON PEPPER FISH w/ TARTAR SAUCE BROWN RICE 2 SCANDINAVIAN VEGGIES 1 SLICE OF WHEAT BREAD MANDARIN ORANGES MILK</b></p>	<p align="center"><b>11</b></p> <p align="center"><b>SLOPPY JOE on a WG BUN PEAS CHUCKWAGON CORN 100% GRAPE JUICE MILK</b></p>
<p align="center"><b>14</b></p> <p align="center"><b>TURKEY HAM &amp; BEANS 2 MIXED VEGGIES CORNBREAD / WHEAT ROLL PEARS MILK</b></p>	<p align="center"><b>15</b></p> <p align="center"><b>HAMBURGER w/ SWISS AMERICAN CHEESE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</b></p>	<p align="center"><b>16</b></p> <p align="center"><b>CHICKEN TENDERS BROWN RICE GREEN BEANS CARROTS 1 SLICE OF WHEAT BREAD FRUIT COCKTAIL MILK</b></p>	<p align="center"><b>17</b></p> <p align="center"><b>GRILLED CHICKEN BREAST on a WG BUN PEAS &amp; ONIONS POTATO WEDGES PEACHES MILK</b></p>	<p align="center"><b>18</b></p> <p align="center"><b>MEDITERRANEAN GLAZED SALMON BROCCOLI CARROTS BAKED CINNAMON APPLES 1 SLICES OF WHEAT BREAD MILK</b></p>
<p align="center"><b>21</b></p> <p align="center"><b>MEATLOAF w/ GRAVY CHEESY MASHED POTATOES GREEN BEANS 2 SLICES OF RYE BREAD 100% APPLE JUICE MILK</b></p>	<p align="center"><b>22</b></p> <p align="center"><b>BEEF VEGETABLE STEW w/ PEAS, CARROTS &amp; RED SKIN POTATOES GREEN BEANS 2 WHEAT BREAD SLICES SPICED PEARS w/ CRANBERRIES MILK</b></p>	<p align="center"><b>23</b></p> <p align="center"><b>ROAST BEEF &amp; GRAVY 2 CALIFORNIA VEGGIES 2 SLICES OF WHEAT BREAD APPLESAUCE MILK</b></p>	<p align="center"><b>24</b></p> <p align="center"><b>CHICKEN ALFREDO w/ BROCCOLI ITALIAN VEGGIES SPINACH / VINEGAR PEARS MILK</b></p>	<p align="center"><b>25</b></p> <p align="center"><b>TACO BOWL BROWN RICE PINTO BEANS CHUCKWAGON CORN HOT APPLE CRUMBLE CORN CHIPS SOUR CREAM MILK</b></p>
<p align="center"><b>28</b></p> <p align="center"><b>CINCI- STYLE CHILI w/ SPAGHETTI KIDNEY BEANS BROCCOLI OYSTER CRACKERS CHEDDAR CHEESE FRUIT COCKTAIL MILK</b></p>	<p align="center"><b>29</b></p> <p align="center"><b>POPCORN CHICKEN BOWL MASHED POTATOES w/ CHEESE &amp; CORN GREEN BEANS BISCUIT BAKED CINNAMON APPLES MILK</b></p>	<p align="center"><b>30</b></p> <p align="center"><b>CHICKEN &amp; GRAVY EGG NOODLES BROCCOLI CARROTS 1 SLICE OF WG BREAD PINEAPPLE TIDBITS MILK</b></p>	<p align="center"><b>31</b></p> <p align="center"><b>GRILLED CHICKEN BREAST ITALIAN VEGGIES ROSEMARY GARLIC REDSKIN POTATOES 2 SLICES OF WHEAT BREAD MANDARIN ORANGES MILK</b></p>	<p><i>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</i></p> <p><b>W.G. = Whole Grain</b></p>

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