




NOVEMBER 2024 ~ WELCOME CENTER BREAKFAST / SNACK MENUS

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>Breakfast: Milk 1 cup: Vegetables, Fruit or both ½ cup: Grains 2 oz eq Snack: Any 2 of 4 components: ¾ cup of Yogurt: 1 cup Milk: ½ cup Fruit or Vegetable; 1 oz Grain or Bread Meat or Meat alternate 1 oz eq W.G. = Whole Grain</p>			<p align="center">1 AM: WG TOAST EGG PATTY MANDARIN ORANGES MILK PM: WG CHEDDAR GOLD FISH CRACKERS STRAWBERRY APPLESAUCE</p>
<p align="center">4 AM: WG TOAST w/ CHEESE SLICE TURKEY SAUSAGE PATTY CINNAMON APPLESAUCE MILK PM: WG STRAWBERRY CHEX MIX 100% FRUIT JUICE</p>	<p align="center">5 AM: WG MINI WAFFLES MIXED FRUIT MILK PM: CHEESE STICK STRAWBERRY APPLESAUCE</p>	<p align="center">6 AM: CHICKEN PATTY on a WG BUN MANDARIN ORANGES MILK PM: WG APPLE CINNAMON MUFFIN MIXED FRUIT</p>	<p align="center">7 AM: WG TOAST HARD BOILED EGG PEARS MILK PM: WG PEANUT BUTTER CRACKERS PEACHES</p>	<p align="center">8 AM: WG BISCUIT EGG PATTY PEARS MILK PM: WG CHEDDAR CHEX MIX MIXED FRUIT</p>
<p align="center">11 ADS CLOSED IN HONOR OF VETERANS DAY</p> 	<p align="center">12 AM: WG PANCAKES STRAWBERRIES MILK PM: WG BLUEBERRY MUFFIN MANDARIN ORANGES</p>	<p align="center">13 AM: WG BISCUIT TURKEY SAUSAGE PATTY CINNAMON APPLESAUCE MILK PM: WG MINI CORNBREAD FLAVORED MILK</p>	<p align="center">14 AM: WG OAT CEREAL WG TOAST SLICE BANANA MILK PM: WG WHITE CHEDDAR CHEEZ ITS TROPICAL FRUIT</p>	<p align="center">15 AM: WG FRENCH TOAST STICKS MIXED FRUIT MILK PM: WG PEANUT BUTTER CHEESE CRACKERS MANDARIN ORANGES</p>
<p align="center">18 AM: WG PANCAKES BLUEBERRIES MILK PM: WG PEANUT BUTTER CRACKERS PEARS</p>	<p align="center">19 AM: WG TOAST EGG PATTY MIXED FRUIT MILK PM: WG CHEDDAR CHEEZ IT CRACKERS APPLE SLICES</p>	<p align="center">20 AM: WG BISCUIT SAUSAGE GRAVY MANDARIN ORANGES MILK PM: WG RITZ BITS CRACKERS PEACHES</p>	<p align="center">21 AM: CHICKEN PATTY on a WG BUN PEARS MILK PM: WG CINNAMON GRAHAM CRACKERS APPLESAUCE</p>	<p align="center">22 AM: WG MINI WAFFLES PEACHES MILK PM: WG STRAWBERRY CHEX MIX 100% FRUIT JUICE</p>
<p align="center">25 AM: WG RICE CEREAL WG TOAST SLICE BANANA MILK PM: WG PEANUT BUTTER CHEESE CRACKERS TROPICAL FRUIT</p>	<p align="center">26 AM: WG BISCUIT SAUSAGE GRAVY PEACHES MILK PM: WG APPLE CINNAMON MUFFIN MIXED FRUIT</p>	<p align="center">27 AM: WG BISCUIT TURKEY SAUSAGE PATTY PEARS MILK PM: WG WHITE CHEDDAR CHEEZ ITS PEARS</p>	<p>28 ADS CLOSED HAPPY</p> 	<p>29 ADS CLOSED THANKSGIVING!</p> 