




NOVEMBER 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><i>Lunch:</i> 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 tbsps. of Peanut Butter; 1 cup of Yogurt; 1 cup of Veg. or Fruit; 2 servings of Grain/Bread W.G. = Whole Grain</p> |  | | <p align="center">1</p> <p align="center">ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS SLICE OF WHEAT BREAD APRICOTS MILK</p> |
| <p align="center">4</p> <p align="center">SPAGHETTI & MEATBALLS CALIFORNIA VEGGIE BLEND SPINACH 1 SLICE OF WG BREAD PEARS MILK</p> | <p align="center">5</p> <p align="center">MEATLOAF w/ GRAVY MASHED POTATOES CARROTS 2 SLICES OF WHEAT BREAD 100% CRANBERRY-APPLE JUICE MILK</p> | <p align="center">6</p> <p align="center">ROAST PORK LOIN w/ GRAVY BROWN RICE 2 VEGETABLE MEDLEYS SLICE OF WHEAT BREAD PEACHES MILK</p> | <p align="center">7</p> <p align="center">STEAK HOAGIE w/ GRAVY WG HOAGIE BUN POTATO WEDGES BAKED BEANS FRESH APPLE MILK</p> | <p align="center">8</p> <p align="center">CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGETABLES SLICE OF WHEAT BREAD MANDARIN ORANGES MILK</p> |
|  | <p align="center">12</p> <p align="center">HAWAIIAN PINEAPPLE HAM DICED SWEET POTATOES PEAS 2 SLICES OF WHEAT BREAD TROPICAL FRUIT SALAD MILK</p> | <p align="center">13</p> <p align="center">HAMBURGER w/ SWISS AMERICAN CHEESE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p> | <p align="center">14</p> <p align="center">CHICKEN STEW 2 MIXED VEGETABLES CORNBREAD WHEAT ROLL PEARS MILK</p> | <p align="center">15</p> <p align="center">SLOPPY JOE on a WG BUN CHUCKWAGON CORN PEAS 100% FRUIT JUICE MILK</p> |
| <p align="center">18</p> <p align="center">GRILLED CHEESE SANDWICH ITALIAN VEGGIES PEAS FRUIT COCKTAIL MILK</p> | <p align="center">19</p> <p align="center">CHICKEN STEW w/ PEAS, CARROTS, & RED SKIN POTATOES GREEN BEANS 2 SLICE OF WHEAT BREAD SPICED PEARS w/CRANBERRIES MILK</p> | <p align="center">20</p> <p align="center">TACO BOWL BROWN RICE PINTO BEANS CHUCKWAGON CORN HOT APPLE CRUMBLE CORN CHIPS / SOUR CREAM MILK</p> | <p align="center">21</p> <p align="center">BBQ BEEF on a WG BUN PEAS & ONIONS POTATO WEDGES PEACHES MILK</p> | <p align="center">22</p> <p align="center">HAMBURGER WG BUN GREEN BEANS YELLOW SQUASH PAPAYA & MANGO MILK</p> |
| <p align="center">25</p> <p align="center">ROAST TURKEY w/ GRAVY STUFFING & CRANBERRY RELISH MASHED POTATOES ROASTED ROOT VEGGIES DINNER ROLL PUMPKIN PIE 100% CRANBERRY- APPLE JUICE MILK</p> | <p align="center">26</p> <p align="center">SWEDISH MEATBALLS EGG NOODLES BROCCOLI CARROTS SLICE OF WG BREAD PINEAPPLE TIDBITS MILK</p> | <p align="center">27</p> <p align="center">POPCORN CHICKEN BOWL MASHED POTATOES w/ CHEESE & CORN GREEN BEANS BISCUIT BAKED CINNAMON APPLES MILK</p> | <p align="center">28 ADS CLOSED HAPPY</p>  | <p align="center">29 ADS CLOSED THANKSGIVING</p> |

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