


DECEMBER 2024 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS WHEAT BREAD APRICOTS MILK</p>	<p>3 CINCI STYLE CHILI w/ SPAGHETTI KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTERS CRACKERS CINAMMON APPLESAUCE MILK</p>	<p>4 CHICKEN w/ GRAVY BROWN RICE 2 VEGGIE MEDLEYS WHEAT BREAD PEACHES MILK</p>	<p>5 MEATLOAF w/ GRAVY MASHED POTATOES CARROTS 2 WHEAT BREAD SLICES FRUIT COCKTAIL MILK</p>	<p>6 CHICKEN TENDERS BROWN RICE 2 SCANDINAVIAN VEGGIES WHEAT BREAD MANDARIN ORANGES MILK</p>
<p>9 SALSIBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGGIES 2 WHEAT BREAD SLICES 100% GRAPE JUICE MILK</p>	<p>10 CHEESE MANICOTTI w/ PESTO CREAM SAUCE SPINACH CALIFORNIA VEGGIES WHEAT BREAD SLICE PEARS MILK</p>	<p>11 HOT DELI HAM w/ SWISS AMERICAN CHEESE SLICE on a WG BUN POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK</p>	<p>12 CLOSED STAFF TRAINING & AGENCY CHRISTMAS PARTY</p>	<p>13 SLOPPY JOE WG BUN PEAS CHUCKWAGON CORN PEACHES MILK</p>
<p>16 BEEF VEGETABLE STEW w/ PEAS, CARROTS & RED POTATOES GREEN BEANS 2 WHEAT BREAD SLICES SPICED PEARS w/ CRANBERRIES MILK</p>	<p>17 CHICKEN FAJITA BOWL BROWN RICE PINTO BEANS CHUCKWAGON CORN CORN CHIPS & SOUR CREAM HOT APPLE CRUMBLE MILK</p>	<p>18 CHERRY GLAZED HAM ROASTED ROOT VEGETABLES SUCCOTASH DINNER ROLL 1 WG BREAD SLICE 100% APPLE JUICE MILK</p>	<p>19 BBQ BEEF WG BUN PEAS & ONIONS POTATO WEDGES PEARS MILK</p>	<p>20 CHICKEN ALFREDO w/ BROCCOLI ITALIAN VEGGIES SPINACH / VINEGAR 1 WG BREAD SLICE 100% FRUIT JUICE MILK</p>
<p>23 GRILLED CHICKEN w/ BBQ SAUCE WG BUN GREEN BEANS YELLOW SQUASH PAPAYA & MANGO MILK</p>	<p>24th & 25th CLOSED</p> 		<p>26 POPCORN CHICKEN BOWL MASHED POTATOES w/ CHEESE & CORN GREEN BEANS BISCUIT BAKED CINNAMON APPLES MILK</p>	<p>27 GRILLED CHEESE SANDWICH ITALIAN VEGETABLES PEAS FRUIT COCKTAIL MILK</p>
<p>30 SMOKED TURKEY SAUSAGE w/ SAUERKRAUT CHEESY MASHED POTATOES GREEN BEANS 2 RYE BREAD SLICES PEACHES MILK</p>	<p>31 ROAST BEEF & GRAVY 2 CALIFORNIA BLEND VEGETABLES 2 WHEAT BREAD SLICES APPLESAUCE MILK</p>	<p><i>For unto us a child is Born</i> <small>Isiah 9:6</small></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; 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 W.G. = Whole Grain</p>

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