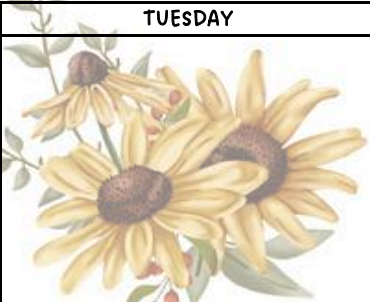


# OCTOBER 2025 ~ WELCOME CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch:</b> Milk 1 cup, Meat, Poultry, Fish or Cheese 2 oz OR ½ cup Cottage Cheese, Cheese food, or Eggs 1 OR ½ cup of Cooked Dry Beans/Peas 4 tbsp. of Peanut Butter OR 1 cup of Yogurt. 1 cup of Veg. or Fruit 2 servings of Grain/Bread W.G. = Whole Grain		<b>1</b> ROAST PORK LOIN w/ GRAVY BROWN RICE 2 SERVINGS OF MIXED VEGGIES SLICE OF WHEAT BREAD TROPICAL FRUIT SALAD MILK	<b>2</b> FISH STICKS w/ TARTAR SAUCE PEAS POTATO WEDGES 2 SLICES OF WHEAT BREAD MANDARIN ORANGES MILK	<b>3</b> SALISBURY STEAK w/ MUSHROOM GRAVY PARSLIED POTATOES MIXED VEGETABLES 2 SLICES OF WHEAT BREAD PEACHES MILK
<b>6</b> SLOPPY JOE On a WG BUN CHUCKWAGON CORN PEAS PEARS MILK	<b>7</b> HAMBURGER w/ WG BUN GREEN BEANS YELLOW SQUASH PINEAPPLE TIDBITS MILK	<b>8</b> LEMON PEPPER FISH w/ TARTAR SAUCE BROWN RICE 2 SERVINGS OF SCANDINAVIAN VEGETABLES SLICE OF WHEAT BREAD FRUIT COCKTAIL & MILK	<b>9</b> TURKEY HAM & BEANS 2 SERVINGS OF MIXED VEGETABLES CORNBREAD WG DINNER ROLL APPLESAUCE MILK	<b>10</b> SPAGHETTI & MEATBALLS CALIFORNIA BLEND VEGGIES SPINACH WG BREAD PEACHES MILK
<b>13</b> PORK CUTLET w/ GRAVY POTATO WEDGES VEGETABLE MEDLEY 2 SLICES OF WHEAT BREAD MANDARIN ORANGES MILK	<b>14</b> BEEF VEGETABLE TERIYAKI BROWN RICE ORIENTAL STIR FRY VEGGIES BROCCOLI WG DINNER ROLL BAKED CINNAMON APPLES MILK	<b>15</b> ROAST BEEF w/ GRAVY 2 SERVINGS OF CALIFORNIA BLEND VEGGIES 2 SLICES OF WHEAT BREAD 100% GRAPE JUICE MILK	<b>16</b> HOT DELI HAM w/ SWISS AMERICAN CHEESE SLICE WG BUN (MUSTARD/KETCHUP) POTATO WEDGES BROCCOLI PINEAPPLE TIDBITS MILK	<b>17</b> CHICKEN ALFREDO w/BROCCOLI ITALIAN VEGETABLES SPINACH / VINEGAR SPONGECAKE 100% FRUIT JUICE MILK
<b>20</b> STEAK HOAGIE w/ GRAVY WG HOAGIE BUN POTATO WEDGES BAKED BEANS FRUIT CUP MILK	<b>21</b> HAWAIIAN PINEAPPLE HAM ROASTED SWEET POTATOES PEAS 2 SLICES OF WHEAT BREAD TROPICAL FRUIT SALAD MILK	<b>22</b> TACO BOWL BROWN RICE PINTO BEANS CHUCKWAGON CORN CORN CHIPS / SOUR CREAM HOT APPLE CRUMBLE MILK	<b>23</b> ROAST TURKEY w/ GRAVY HERB DRESSING BROCCOLI CAULIFLOWER SLICE OF WHEAT BREAD MIXED BERRY APPLESAUCE MILK	<b>24</b> ROTINI PASTA w/ MEAT SAUCE NORMANDY BLEND VEGETABLES PEAS 2 SLICES OF WHEAT BREAD APRICOTS MILK
<b>27</b> CINCI STYLE CHILI SPAGHETTI & KIDNEY BEANS BROCCOLI CHEDDAR CHEESE OYSTER CRACKERS CINNAMON APPLESAUCE MILK	<b>28</b> BEEF VEGETABLE STEW w/ PEAS, CARROTS & RED POTATOES GREEN BEANS 2 SLICES OF WHEAT BREAD SPICED PEARS & CRANBERRIES MILK	<b>29</b> COUNTRY FRIED STEAK w/ GRAVY MASHED POTATOES VEGETABLE MEDLEY 2 SLICES OF WHEAT BREAD PEACHES MILK	<b>30</b> BBQ BEEF On a WG BUN PEAS & ONIONS POTATO WEDGES PEARS MILK	<b>31</b> ORANGE CHICKEN BROWN RICE GREEN BEANS CARROTS SLICE OF WHEAT BREAD MANDARIN ORANGES MILK

This institution is an equal opportunity provider.