



I CAN COOK

AGES: 6 -10 (5:00 - 6:30P) 11 -17 (6:30 - 8:00P)

COST: FREE

WEDNESDAYS AT THE GERHARDT CIVIC CENTER

WINTER MENU



01-16

PIGS IN A BLANKET, TATER TOTS, PEACHES & MILK

01-23

TACO SALAD, FRUIT SALSA W/ HOMEMADE TORTILLA CHIPS, REFRIED BEANS & MILK

01-30

ENGLISH MUFFIN PIZZA, SIDE SALAD, PICKLES, PINEAPPLE TIDBITS & MILK

02-06

GRILLED CHEESE AND TOMATO SOUP, CORN ON THE COB, MANDARIN ORANGES & MILK

02-13

PANCAKES, SAUSAGE, SCRAMBLED EGGS, HASH BROWNS, FROZEN STRAWBERRIES & MILK

02-20

SPAGHETTI AND MEATBALLS, GARLIC BREAD, FRUIT COCKTAIL, TOSSED SALAD & MILK

02-27

SHAKE N BAKE CHICKEN NUGGETS, MASHED POTATOES, BROCCOLI, APPLE SAUCE, DINNER ROLL & MILK

03-06

HAM AND CHEESE BAGEL, STEAMED CARROTS, PEARS & MILK

ALL MENU ITEMS SUBJECT TO CHANGE

FREE MEALS WILL BE MADE AVAILABLE TO ALL CHILDREN 18 YEARS OF AGE AND UNDER OR PERSONS OVER 18 WHO ARE DETERMINED BY A STATE OR LOCAL PUBLIC EDUCATIONAL AGENCY TO BE MENTALLY OR PHYSICALLY DISABLED. THE MEALS WILL BE PROVIDED WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, GENDER, AGE, OR DISABILITY, AND THERE WILL BE NO DISCRIMINATION IN THE COURSE OF THE MEAL SERVICE. ANY PERSON WHO BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST IN ANY USDA - RELATED ACTIVITY SHOULD WRITE OR CALL IMMEDIATELY TO THE U. S. DEPARTMENT OF AGRICULTURE, DIRECTOR, OFFICE OF CIVIL RIGHTS, ROOM 326-W, WHIT TEN BUILDING, 14TH & INDEPENDENCE AVE. S. W., WASHINGTON DC 20250-9410; (202) 720-5964 (VOICE OR TDD).