



# I CAN COOK

AGES: 6 -10 (5:00 - 6:30P) 11 -18 (6:30 - 8:00P)

COST: FREE

WEDNESDAYS AT THE GERHARDT CIVIC CENTER

# SPRING MENU



04-04

WHOLE GRAIN BEEF WALKING TACO'S, GUACAMOLE DIP, SALSA, STRAWBERRIES & MILK

04-11

PIZZA CRESCENTS, SOUR PATCH GRAPES, SWEET POTATO FRIES PICKLES & MILK

04-18

HAM AND CHEESE QUESADILLA, TATER TOTS, PEARS & MILK

04-25

GLUTEN-FREE CHICKEN NUGGETS, ORANGE GLAZED ROASTED CARROTS, PEACHES, GARLIC BUTTER ROLLS & MILK

05-02

HOT DOG NUGGETS, BAKED BEANS, MIXED FRUIT, CHEESE STICK & MILK

05-09

HAMBURGERS, ½ BAKED POTATO, PICKLES, PEARS & MILK

05-16

CREAMY CHICKEN CASSEROLE, SOUR CREAM & CHIVE MASHED POTATOES, CORN, STRAWBERRIES & MILK

05-23

LUNCH BOX MEAT WITH CRACKERS & CHEESE KABOBS, COLE SLAW, PICKLES, 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).*