



I CAN COOK

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

COST: FREE

WEDNESDAYS AT THE GERHARDT CIVIC CENTER

FALL MENU



09-19

WHOLE WHEAT TORTILLA PIZZA, SIDE SALAD, STRAWBERRIES & MILK

09-26

CRESCENT DOGS, GREEN BEANS, PEACHES, GRAHAM CRACKERS & MILK

10-03

PICKLE REUBENS, BAKED APPLES, SALSA, SUN CHIPS & MILK

10-10

PARMESAN MEATBALL SUBS, PEARS, ITALIAN SEASONED CORN & MILK

10-17

PANCAKES, OMELET, FRUIT SALAD & MILK

10-24

CHEESEBURGER BURRITO, PINEAPPLE TIDBITS, ½ BAKED POTATO & MILK

10-31

NO CLASS DUE TO BEGGAR'S NIGHT & COMMUNITY HALLOWEEN PARTY AT WAX PARK

11-07

RITZ CHICKEN CASSEROLE, SALAD WITH CHEESE, STRAWBERRIES, CHOCOLATE ELF GRAHAMS & 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).