

Boys & Girls Club

September 2019 Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLUB CLOSED	3 Whole Grain Chicken Tenders Fresh Garden salad with tomatoes, cheese, and dressing (variety) Whole Grain French Bread Mandarin Oranges Skim Milk	4 Sloppy Joes made with ground Turkey and bbq sauce on Whole Grain Buns Cheese Slices Carrots Applesauce Skim Milk	5 Sub Sandwiches on Whole Grain Buns with Ham, Turkey, Cheese & Lettuce with mayo Green Beans Pickles Fruit Cocktail Skim Milk	6 Hot Dogs on Whole Grain Bun Cheese Pickles Baked Beans Pineapple Skim Milk
9 Whole Grain English Muffin Pizzas with Turkey Pepperoni Green Beans Mandarin Oranges Skim Milk	10 Whole Grain Fish Sticks Tartar Sauce Pickles Peas Pineapple Skim Milk	11 LATE START Chef Salad with Cut Up Turkey, Ham, Cheese, Tomatoes with a variety of dressing Whole Grain Garlic Bread Applesauce Skim Milk	12 Calzone on Cauliflower Crust With Turkey Pepperoni Corn Fruit Cocktail Skim Milk	13 Scrambled Eggs with Ham & Cheese Hash Browns Peaches Skim Milk
16 Whole Grain French Toast Sticks Turkey Sausage Hash Browns Applesauce Skim Milk	17 Lasagna with Spaghetti Sauce Whole Grain Garlic French Bread Green Beans Pineapple Skim Milk	18 LATE START Tacos made with Ground Turkey on Whole Grain Tortilla, Lettuce, Tomatoes, Cheese, Salsa, Sour Cream Corn Peaches Skim Milk	19 Hot Ham and Cheese on Whole Grain Bread Carrots Mandarin Oranges Skim Milk Pickles	20 Turkey Corn Dogs Baked Beans Pickles Pears Skim Milk
23 Cod Filet Whole Grain Rolls Carrots Tartar Sauce Fruit Cocktail Skim Milk Pickles	24 Nachos with Whole Grain Tortilla Chips with Ground Turkey (taco), Cheese, Lettuce, Tomatoes, Sour Cream, Salsa Corn Pineapple Skim Milk	25 LATE START Spaghetti with WG Noodles with Turkey Meatballs Whole Grain Garlic Bread Peas Mandarin Oranges Skim Milk	26 Hamburger on Whole Grain Bun with Cheese, Lettuce, Tomatoes, Cheese and Pickles Baked Beans Pears Skim Milk	27 Grilled Cheese on Whole Grain Bread with Tomato Soup Green Beans Applesauce Skim Milk Pickles
30 BBQ Shredded Roast Beef on Whole Grain Bun Pickles Green Beans Fruit Cocktail				All meals are served with whole grain products