

# Boys & Girls Club

## November 2019 Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with whole grain products	Whole Grain Waffles Turkey Sausage Hash Browns Fresh Pineapple Skim milk			1 Hot Ham & Cheese on Whole Grain Bread Pickles Fresh Carrots Apple Slices Skim Milk
4 Turkey Corn Dogs Baked Beans Pickles Applesauce Skim milk	5 Chicken Patties on Whole Grain Buns, Lettuce, Tomatoes Lettuce, Tomatoes, Pickles Fruit Cocktail Corn Skim Milk	6 LATE START Pizza on Whole Grain Crust with sausage Peas Fresh Pineapple Skim Milk	7 French Toast Sticks Turkey Sausage Hash browns Oranges Skim Milk	8 Fish Sticks Tartar Sauce WG Garlic Bread Peas Pears Pickles Skim milk
11 Whole Grain Chicken Tenders Green Beans Strawberries Skim Milk Pickles	12 Cod Filet Whole Grain Rolls Corn Tartar Sauce Fruit Cocktail Skim Milk	13 LATE START Whole Grain Pancakes Hash Browns Turkey Sausage Applesauce Skim Milk	14 Hot Dogs on WG Buns Fresh Carrots Pickles Fresh Pineapple Skim Milk	15 Hamburger on Whole Grain Bun with Cheese, Lettuce, Tomatoes, Cheese and Pickles Green Beans Pears Skim Milk
18 French Toast Sticks Turkey Sausage Hash browns Fresh Oranges Skim Milk	19 Chicken Nuggets Pickles Green Beans Peaches Skim milk	20 Pizza on Whole Grain Crust with sausage Peas Fresh Pineapple Skim Milk	21 Nachos with ground turkey (taco), cheese, lettuce, tomatoes, sour cream Corn Fresh Oranges Skim Milk	22 Chef Salad with Ham, Turkey and Cheese Whole Grain Garlic Bread Pears Fresh Carrots Skim Milk
25 Hot Ham & Cheese on Whole Grain Bread Pickles Fresh Carrots Apple Slices Skim Milk	26 Chicken Patties on Whole Grain Buns, Lettuce, Tomatoes Lettuce, Tomatos, Pickles Fruit Cocktail Corn Skim Milk	27 NO SCHOOL – LUNCH Whole Grain Waffles Turkey Sausage Hash Browns Fresh Pineapple Skim milk	28 CLUB CLOSED	29 NO SCHOOL – LUNCH Grilled Cheese on Whole Grain Bread Tomato Soup Fruit Cocktail Corn Skim Milk

