

# Boys & Girls Club

## January 2020 Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLUB CLOSED	2 Pizza on Whole Grain Crust with sausage Fresh Carrots Fresh Pineapple Skim Milk	3 Whole Grain Fish Sticks Tartar Sauce, Pickles Peas Peaches Skim Milk
6 Whole Grain Chicken Tenders with BBQ, Ranch or Ketchup for dipping Green Beans Strawberries Skim Milk Pickles	7 Whole Grain Pancakes Hash Browns Turkey Sausage Applesauce Skim Milk	LATE START 8 Hamburger on Whole Grain Bun with Cheese, Lettuce, Tomatoes, Cheese and Pickles Baked Beans Pears Skim Milk	9 WG Chicken Patties on WG Buns, Cheese Slices, Lettuce, Tomato, Mayo & Pickles Corn Peaches Skim Milk	10 Cod Filet Whole Grain Rolls Peas Tartar Sauce Fruit Cocktail Skim Milk
13 Hot Ham & Cheese on Whole Grain Bread Pickles Corn Apple Slices Skim Milk	14 Whole Grain Waffles Turkey Sausage Hash Browns Peaches Skim milk	LATE START 15 Turkey Corn Dogs Whole Grain Garlic Bread Baked Beans Pickles Strawberries Skim milk	16 Sub Sandwiches on WG Buns with Ham, Turkey, Cheese, and Lettuce with Mayo Green Beans Fruit Cocktail Pickles Skim Milk	17 Whole Grain Fish Sticks Tartar Sauce WG Garlic Bread Hash brown tots Pears Pickles Skim milk
NO SCHOOL 20 Hot Dogs on Whole Grain Buns Cheese, Pickles & toppings Corn Applesauce Skim Milk	21 Whole Grain Chicken Nuggets with BBQ, Ranch or Ketchup for dipping Pickles Green Beans Fresh Pineapple Skim milk	22 Pizza on Whole Grain Crust with sausage Peas Fruit Cocktail Skim Milk	23 Whole Grain Pancakes Hash Browns Turkey Sausage Pears Skim Milk	24 Cod Filet Whole Grain Rolls Baked Beans Tartar Sauce Peaches Skim Milk
27 Whole Grain Chicken Tenders with BBQ, Ranch or Ketchup for dipping Green Beans Strawberries Skim Milk Pickles	28 Whole Grain Waffles Turkey Sausage Hash Browns Peaches Skim milk	LATE START 29 Hamburger on Whole Grain Bun with Cheese, Lettuce, Tomatoes, Cheese and Pickles Baked Beans Pears Skim Milk	30 WG Chicken Patties on WG Buns, Cheese Slices, Lettuce, Tomato, Mayo & Pickles Peas Fruit Cocktail Skim	31 Whole Grain Fish Sticks Tarter Sauce, Pickles Hash Brown Tatar Tots Applesauce Skim Milk