

# Boys & Girls Club of the Tri-County Area - Berlin Site

## October 2020 Dinner/Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with whole grain products			1 Alfredo with grilled chicken & WG noodles Green Beans Fruit Cocktail Skim Milk <b>SNACK: Popcorn &amp; String Cheese</b>	2 Tomato Soup with WG Grilled Cheese <b>Fresh Carrots</b> Pineapple Skim Milk <b>SNACK: Bananas &amp; Gardetto's</b>
5 Whole Grain Chicken Tenders Fresh Garden salad and dressing (variety) WG French Bread Mandarin Oranges Skim Milk <b>SNACK: Sun Chips &amp; Cheddar Cheese</b>	6 Pizza Chicken Quesadilla <b>Fresh Carrots</b> Applesauce Skim Milk <b>SNACK: WG Cheez It's &amp; Pineapple Fruit Cup</b>	7 LATE START Turkey Corn Dogs Tater Tots Peaches Skim Milk <b>SNACK: Turkey Stick &amp; String Cheese</b>	8 WG Mozzarella Stuffed Breadstick with Marinara Meat Sauce Corn Yogurt Skim Milk <b>SNACK: Oranges &amp; Gardetto's</b>	9 WG Pizza with Turkey Sausage Peas <b>Blueberries</b> Skim Milk <b>SNACK: Popcorn &amp; Mixed Fruit Cup</b>
12 Sausage Pancake Wraps Hash Browns Applesauce Skim Milk <b>SNACK: Cheez It's &amp; Mandarin Orange Cup</b>	13 Lasagna with Spaghetti Sauce Whole Grain Garlic French Bread Green Beans Pineapple Skim Milk <b>SNACK: Gardetto's &amp; String Cheese</b>	14 WG Cod Filets with Tartar Sauce Potato Wedges (SP) Mandarin Oranges Pickles Skim Milk <b>SNACK: Fresh Oranges &amp; Chex Mix</b>	15 EARLY RELEASE Grilled Ham & Cheese on Whole Grain Bread Green Beans Pickles Fruit Cocktail Skim Milk <b>SNACK: Pears &amp; Animal Crackers</b>	16 <b>NO SCHOOL</b> WG Chicken Nuggets with various Sauces SP Wedges Peaches Skim Milk <b>SNACK: Popcorn &amp; Cheddar Cheese</b>
19 Hot Dogs on WG Buns Baked Beans Pineapple Skim Milk Pickles <b>SNACK: Animal Crackers &amp; Apple Slices</b>	20 Nachos with WG Chips, Cheese, Ground turkey taco meat, Salsa & Sour Cream Corn Applesauce Skim Milk <b>SNACK: Turkey Stick &amp; String Cheese</b>	21 LATE START Whole Grain Chicken Patties on Whole Grain Buns Peas Peas Skim Milk <b>SNACK: Yogurt &amp; WG Crackers</b>	22 Hamburgers on Whole Grain Buns Cheese Slices <b>Fresh Carrots</b> Mandarin Oranges Skim Milk <b>SNACK: Sun Chips &amp; Apple Slices</b>	23 Flauta's with sausage Hash browns Peaches Skim Milk <b>SNACK: Cheez It's &amp; Cheddar Cheese Sticks</b>
26 Spaghetti with WG Noodles & Turkey Meatballs - WG Garlic Bread Yogurt, Green Beans Skim Milk <b>SNACK: WG Sun Chips &amp; Mixed Fruit</b>	27 WG Chicken Wings with various Sacues Tater Tots Peaches Skim Milk <b>SNACK: Popcorn &amp; Cheddar Cheese</b>	28 LATE START Whole Grain Fish Sticks Tartar Sauce Pickles Peas Pineapple Skim Milk <b>SNACK: WG Sun chips &amp; Fresh Oranges</b>	29 Sloppy Joes made with ground Turkey on Whole Grain Buns Cheese Slices <b>Fresh Carrots</b> Mandarin Oranges Skim Milk <b>SNACK: Yogurt &amp; Chex Mix</b>	30 Hot Turkey Sandwich Mashed Potatoes with gravy Applesauce Corn Skim Milk <b>SNACK: Popcorn &amp; Cheddar Cheese</b>