

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

September 2020 Dinner/Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Whole Grain Chicken Tenders Fresh Garden salad with tomatoes, cheese, and dressing (variety) Whole Grain French Bread Mandarin Oranges Skim Milk SNACK: Sun Chips & Cheddar Cheese	Sloppy Joes made with ground Turkey and bbq sauce on Whole Grain Buns Cheese Slices Fresh Carrots Applesauce Skim Milk SNACK: Yogurt & Chex Mix	Sub Sandwiches on Whole Grain Buns with Ham, Turkey, Cheese & Lettuce with mayo Green Beans Pickles Fruit Cocktail Skim Milk SNACK: Popcorn & String Cheese	Hot Dogs on Whole Grain Bun Cheese Pickles Baked Beans Pineapple Skim Milk SNACK: Bananas & Gardetto's
7	8	9	10	11
NO SCHOOL	Pizza Chicken Quesadilla Fresh Carrots Applesauce Skim Milk SNACK: WG Cheez It's & Fruit Cup	LATE START Turkey Corn Dogs Tater Tots Peaches Skim Milk WG Garlic Bread SNACK: Turkey Stick & String Cheese	WG Chicken Tenders with sauces Steak Fries Apple Slices Skim Milk SNACK: Sun Chips & Cheddar Cheese	Hamburgers on Whole Grain Buns Cheese Slices Fresh Carrots Pears Skim Milk SNACK: Sun Chips & Apple Slices
14	15	16	17	18
Sausage Pancake Wraps Hash Browns Applesauce Skim Milk SNACK: Popcorn & Mandarin Orange Cup	Lasagna with Spaghetti Sauce Whole Grain Garlic French Bread Green Beans Pineapple Skim Milk SNACK: WG Crackers & String Cheese	LATE START WG Cod Filets with Tartar Sauce Potato Wedges (SP) Mandarin Oranges Skim Milk SNACK: Fresh Oranges & Chex Mix	Grilled Ham & Cheese on Whole Grain Bread Green Beans Fruit Cocktail Skim Milk SNACK: Fruit Cup & Chex Mix	WG Pizza with Turkey Sausage Fresh Carrots Mandarin Oranges Skim Milk SNACK: Bananas & Yogurt
20	21	22	23	24
WG Chicken Wings with various Sacues SP Wedges Peaches Skim Milk SNACK: Popcorn & Cheddar Cheese	Nachos with WG Chips, Cheese, Ground turkey taco meat, Salsa & Sour Cream Corn Applesauce Skim Milk SNACK: Turkey Stick & String Cheese	LATE START Whole Grain Chicken Patties on Whole Grain Buns Peas Peas Skim Milk SNACK: Yogurt & WG Crackers	WG Mozzarella Stuffed Breadstick with Marinara Meat Sauce (Pizza Sticks) Corn Yogurt Skim Milk SNACK: Bananas & Gardetto's	Flauta's with sausage Hash browns Applesauce Skim Milk SNACK: Sun Chips & Cheddar Cheese Sticks
28	29	30		
Spaghetti with WG Noodles & Turkey Meatballs - WG Garlic Bread Yogurt, Green Beans Milk SNACK: WG Sun Chips & Mixed Fruit	WG Chicken Wings with various Sacues Tater Tots Peaches Skim Milk SNACK: Popcorn & Cheddar Cheese	LATE START Whole Grain Fish Sticks Tarter Sauce Pickles Peas Pineapple Skim Milk SNACK: WG Sun chips & Oranges		All meals are served with whole grain products

