

# Boys & Girls Club of the Tri-County Area

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

