

# Boys & Girls Club of the Tri-County Area

## - Berlin Site

### January 2021 Dinner/Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLUB CLOSED
4	5	LATE START 6	7	8
Flauta's with sausage Hash browns Peaches Skim Milk SNACK: Cheez It's & Cheddar Cheese Sticks	Turkey Corn Dogs Tater Tots Pineapple Skim Milk SNACK: Turkey Stick & String Cheese	Tomato Soup with WG Mozzarella Stuffed Breadsticks Fresh Carrots Mixed Fruit Skim Milk SNACK: Pineapple Cup & Gardetto's	Alfredo with grilled chicken & WG noodles Green Beans Applesauce Skim Milk SNACK: Popcorn & Apple Slices	Whole Grain Chicken Tenders Fresh Garden salad and dressing (variety) WG French Bread Mandarin Oranges Skim Milk SNACK: Sun Chips & Carrots
11	12	LATE START 13	14	15
WG Hoagies with Ham, Turkey & Cheese Green Beans Pickles Fruit Cocktail Skim Milk SNACK: Pears & Animal Crackers	WG Mozzarella Stuffed Breadstick with Marinara Meat Sauce Peas Yogurt Skim Milk SNACK: Cheddar Cheese & Gardetto's	Hot Dogs on WG Buns Baked Beans Pineapple Skim Milk Pickles SNACK: Cheez It's & Apple Slices	Nachos with WG Chips, Cheese, Ground turkey taco meat, Salsa & Sour Cream Corn Applesauce Skim Milk SNACK: Turkey Stick & String Cheese	BBQ with Ground Turkey on WG Bun Fresh Carrots Pickles Mandarin Oranges SNACK: Chex Mix & Yogurt
18	19	LATE START 20	21	22
Hamburgers on Whole Grain Buns Cheese Slices Fresh Carrots Mandarin Oranges Skim Milk SNACK: Sun Chips & Apple Slices	Chicken Tenders with sauce Applesauce Tater Tots Skim Milk SNACK: Popcorn & Mixed Fruit Cup	Hoagies with Ham, Turkey & Cheese Green Beans Pickles Fruit Cocktail Skim milk SNACK: Chex Mix & String Cheese	Spaghetti with WG Noodles & Turkey Meatballs - WG Garlic Bread Yogurt, Corn Skim Milk SNACK: WG Sun Chips & Mixed Fruit	WG Chicken Wings with various Sacues Hashbrowns Pineapple Skim Milk SNACK: Popcorn & Cheddar Cheese
25	26	LATE START 27	28	29
WG Pizza with Turkey Pepperoni Peas Pineapple Skim Milk SNACK: Popcorn & Mixed Fruit Cup	Sausage Pancake Wraps Hash Browns Applesauce Skim Milk SNACK: Cheez It's & Mandarin Orange Cup	WG Chicken Nuggets with various Sauces SP Wedges Peaches Skim Milk SNACK: Sun Chips & Cheddar	Lasagna with Spaghetti Sauce Whole Grain Garlic French Bread Green Beans Blueberries Skim Milk SNACK: Gardetto's & String Cheese	Pizza Chicken Quesadilla Corn Mandarin Oranges Skim Milk SNACK: WG Chex Mix & Pineapple Fruit Cup