



# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Nutra Grain Bars Apple Slices	2 Cheese Sticks Pear Slices	3 Chocolate Chip Cookies Low Fat Milk	4 Rice Cakes Watermelon	5 Wheat Pretzels Pineapple Juice	6 Macaroni and Cheese Mixed Fruit
7	8 Low Fat Yogurt Granola Orange Juice	9 Whole Wheat Crackers/Cheese Low Fat Milk	10 Bread Sticks Marinara Sauce Mixed Fruit	11 Oatmeal Raisin Cookies Low Fat Milk	12 Low Fat Popcorn Tropical Fruit Salad	13 Chicken Nuggets Applesauce
14	15 Broccoli/Lettuce Salad/Low fat Cesar Dressing Apple Juice	16 Bagels/Low fat cream cheese Low Fat Milk	17 English Muffins Orange Juice	18 Whole Wheat Crackers Cheese Low Fat Milk	19 CLOSED	20 Corn Muffins Margarine Orange Juice
21	22 Rice Cakes Mandarin Oranges	23 Pepperoni Slices Cheese Slices Wheat Crackers Apple Juice	24 Turkey & Cheese Wraps Orange Juice	25 Whole Wheat French Toast Sticks Low Fat Milk	26 Blueberry Muffins Low Fat Milk	27 Sweet Potato Fries Pineapple Juice
28	29 Nachos/Salsa/ Cheese Tropical Fruit Salad	30 Cheese Quesadillas Mixed Fruit				

Notes:

\*Foods containing Vitamin

A are served two times a week

\*Foods containing Vitamin

C are served daily.

\*All fruit juices are 100%.

Fresh Fruit served daily.



**BOYS & GIRLS CLUBS  
OF AMERICA**



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# July 2009



Notes:

\*Foods containing Vitamin

A are served two times a  
week

\*Foods containing Vitamin

C are served daily.

\*All fruit juices are 100%.

Fresh Fruit served daily.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Nachos/Salsa/ Cheese Tropical Fruit	2 Whole Wheat Crackers Cheese Low Fat Milk	3 CLOSED	4 CLOSED
5	22 Rice Cakes Mandarin Oranges	23 Pepperoni Slices Cheese Slices Wheat Crackers Apple Juice	24 Turkey & Cheese Wraps Orange Juice	25 Whole Wheat French Toast Sticks Low Fat Milk	29 Nachos/Salsa/ Cheese Tropical Fruit Salad	30 Cheese Quesadillas Mixed Fruit
12	13 Nutra Grain Bars Apple Slices	14 Cheese Sticks Pear Slices	15 Chocolate Chip Cookies Low Fat Milk	16 Rice Cakes Watermelon	17 Wheat Pretzels Pineapple Juice	18 Macaroni and Cheese Mixed Fruit
19	20 Tomato and Cucumber Salad Ranch Dressing	6 Low Fat Yogurt Granola Orange Juice	7 Whole Wheat Crackers/ Cheese Low Fat Milk	8 Pasta Marinara Sauce Mixed Fruit	9 Oatmeal Raisin Cookies Low Fat Milk	25 Low Fat Popcorn Tropical Fruit Salad
26	27 Broccoli/Lettuce Salad/Low fat Cesar Dressing Apple	28 Bagels/Low fat cream cheese Low Fat Milk	29 English Muffins Orange Juice	30 Sweet Potato Fries Pineapple Juice	31 Blueberry Muffins Low Fat Milk	

# August 2009



Notes:

*Foods containing Vitamin A are served two times a week*

*\*Foods containing Vitamin C are served daily.*

*\*All fruit juices are 100%.*

*Fresh Fruit served daily.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Chicken Nuggets Applesauce
2	3 Rice Cakes Mandarin Oranges	4 Pepperoni Slices Cheese Slices Wheat Crackers	5 Turkey & Cheese Wraps Orange Juice	6 Whole Wheat French Toast Sticks	7 Blueberry Muffins Low Fat Milk	8 Sweet Potato Fries Pineapple Juice
9	10 Tomato and Cucumber Salad Ranch Dressing	11 Low Fat Yogurt Granola Orange Juice	12 Whole Wheat Crackers/Cheese Low Fat Milk	13 Pasta Marinara Sauce Mixed Fruit	14 Oatmeal Raisin Cookies Low Fat Milk	15 Low Fat Popcorn Tropical Fruit Salad
16	17 Broccoli/Lettuce Salad/Low fat Cesar Dressing	18 Bagels/Low fat cream cheese Low Fat Milk	19 English Muffins Orange Juice	20 Whole Wheat Crackers Cheese	21 Nachos/Salsa/Cheese Tropical Fruit	22 Corn Muffins Margarine Orange Juice
23	24 Nutra Grain Bars Apple Slices	25 Cheese Sticks Pear Slices	26 Chocolate Chip Cookies Low Fat Milk	27 Rice Cakes Watermelon	28 Wheat Pretzels Pineapple Juice	29 Macaroni and Cheese Mixed Fruit
30	31 Chicken Wraps Low Fat Milk					



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