

Menu Subject to change

WALTHAM BOYS & GIRLS CLUB
November MEAL MENU
Food may contain nuts fish, etc.

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
Pizza Fresh Vegetables Fresh Fruit 1% or fat free milk	Chicken Paty/Wheat Bun Fresh Vegetables Fresh Fruit 1% or fat free milk	Turkey Salad Wrap Fresh Vegetables Frsh Fruit 1% or fat free milk	Mac & Cheese Fresh Fruit Fresh Vegetable 1% or fat free milk	Chicken pot pie Fresh Vegetable Fruit Cocktail 1% or fat free milk
7	8	9	10	11
Pizza Fresh Vegetables Fresh Fruit 1% or fat free milk	LUNCH 12:00 - 2:00 PM Ham & Cheese Fresh Vegetables Fresh Fruit 1% or fat free milk	Sund Butter & Jelly sandwich Turkey Salad on What Wrap Fresh Vegetables Frsh Fruit 1% or fat free milk	Shepherds Pie w/ corn & Potato topping Fresh Fruit 1% or fat free milk	LUNCH 12:00 - 2:00 PM Mac & Cheese Fruit Cocktail Fresh Vegetable 1% or fat free milk
14	15	16	17	18
Pizza Fresh Vegetables Fresh Fruit 1% or fat free milk	Chicken & Pasta Alfredo Fresh Vegetables Fresh Fruit 1% or fat free milk	Chicken Salad Wrap fresh vegetables Fresh Fruit 1% or fat free milk	Dinner of Thanks Turkey Fresh Vegetables Fruit 1% or fat free milk	Pasta w/ meat sauce Fresh Vegetable Fruit Cocktail 1% or fat free milk
21	22	23	24	25
Pizza Fresh Vegetables Fresh Fruit 1% or fat free milk	Chicken Quesidilla Salsa lettuce & Cheese Fresh Fruit 1% or fat free milk	LUNCH 12 - 2 Chicken Patty on Wheat Bun Fresh Vegetables Frsh Fruit 1% or fat free milk	Club Closed Happy Thanksgiving	Club Closed Happy Thanksgiving

This institution is an equal Opportunity
Provider