

Menu Subject to change

**WALTHAM BOYS & GIRLS CLUB
OCTOBER MEAL MENU**

Food may contain nuts fish, etc.

Monday	Tuesday	Wednesday	Thursday	Friday
3 LUNCH 12:00 - 2:00 PM Pizza Fresh Vegetables Frsh Fruit 1% or fat free milk	4 Burger & Wheat Bun Fresh Vegetables Frsh Fruit 1% or fat free milk	5 South West Chicken Wrap Fresh Vegetables Frsh Fruit 1% or fat free milk	6 Shepards pie with Corn and Potato topping Frsh Fruit 1% or fat free milk	7 Mac & Cheese Fresh Vegetable Friuit Cocktail 1% or fat free milk
10 Club Closed	11 Pizza Fresh Vegetables Frsh Fruit 1% or fat free milk	12 LUNCH 12:00 - 2:00 PM Turkey Salad on What Wrap Fresh Vegetables Frsh Fruit 1% or fat free milk	13 Chicken Paty/Wheat Bun Fresh Vegetables Frsh Fruit 1% or fat free milk	14 Chicken Quesidilla with Salsa Fresh Vegetable Friuit Cocktail 1% or fat free milk
17 Pizza Fresh Vegetables Frsh Fruit 1% or fat free milk	18 Taco/ wheat wrap Fresh Vegetables Frsh Fruit 1% or fat free milk	19 Bagel & Yogurt fresh vegetables Fresh Fruit 1% or fat free milk	20 Burger & wheat bun Fresh Vegetables Frsh Fruit 1% or fat free milk	21 Hot Dog & Wheat Bun Fresh Vegetable Friuit Cocktail 1% or fat free milk
24 Pizza Fresh Vegetables Frsh Fruit 1% or fat free milk	25 Mac & Cheese Fresh Vegetable Friuit Cocktail 1% or fat free milk	26 South West Chicken Wrap Fresh Vegetables Frsh Fruit 1% or fat free milk	27 Chicken Paty/Wheat Bun Fresh Vegetables Frsh Fruit 1% or fat free milk	28 American Chop Suey Fresh Vegetable Friuit Cocktail 1% or fat free milk

All sponsor program materials must contain the non-discrimination statement that no person will be denied program participation on the grounds that they belong to a protected class. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.