

Menu Subject to change

WALTHAM BOYS & GIRLS CLUB

Summer 2017: July 31 - August 25

Food may contain nuts fish, etc.



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
Chicken Salad Wrap Veggie Dippers Fresh Fruit fat free or 1% milk	Cheese Stick Sun Butter & Jelly sandwich Veggie Dippers Fresh Fruit fat free or 1% milk	Grilled Chicken Sandwich Cole Slaw Fresh Fruit fat free or 1% milk	Chicken Caesar Salad w/ Pita Bread Fresh Fruit fat free or 1% milk	Sliced Turkey & Cheese Sand Vegetables Fresh Fruit fat free or 1% milk
7	8	9	10	11
Ham & Cheese Sandwich Veggie Dippers Fresh Fruit fat free or 1% milk	Greek Salad w/ Feta Pita bread Fresh Fruit fat free or 1% milk	South West Chicken Wrap Black Bean & Corn Salad Fresh Fruit fat free or 1% milk	Turkey Wrap Cucumber Slices Fresh Fruit fat free or 1% milk	Bologna & Cheese Sand Veggie Dippers Fresh Fruit fat free or 1% milk
14	15	16	17	18
Cheese Stick Sun Butter & Jelly sandwich Veggie Dippers Fresh Fruit fat free or 1% milk	Sliced Turkey & Cheese Sand Vegetables Fresh Fruit fat free or 1% milk	"Mediterranean Power Pack" Hummus w/ Pita Bread Veggie Dippers Fresh Fruit fat free or 1% milk	Chef's Salad Pita Bread Fresh Fruit fat free or 1% milk	Power Pack Pizza Veggies Fresh Fruit fat free or 1% milk
21	22	23	24	25
Pretzel Cheese stick/ Yogurt Veggie Dippers Fresh Fruit fat free or 1% milk	Salad w/ Grilled Chicken Pita Bread Fresh Fruit fat free or 1% milk	Turkey Salad Wrap Rasins Fresh Fruit fat free or 1% milk	South West Chicken Wrap Black Bean & Corn Salad Fresh Fruit fat free or 1% milk	Cheese Stick Sun Butter & Jelly sandwich Veggie Dippers Fresh Fruit fat free or 1% milk

All meals contain 1% or fat free flavored milk

**This institution is an equal
Opportunity Provider**

**Food Service Site information
on revers side of this menu**