



**WALTHAM
BOYS & GIRLS CLUB**

WALTHAM BOYS & GIRLS CLUB LUNCH MENU AUGUST 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 30	July 31	1	2	3
Sunbutter & jelly on whole wheat bun Cheese stick Fruit & veggie	Bologna & cheese on wheat bread Fruit & Veggie	Turkey & cheese on wheat bread Apple slices Coleslaw	Greek salad with whole wheat wrap Fruit	Chicken salad on whole wheat bun Fruit & veggie
6	7	8	9	10
Whole wheat giant pretzel Hummus apple slices veggie	Grilled chicken on whole wheat bun Fruit veggie	Ham & cheese on wheat bread veggie Fruit	Waltham Field's Fresh Garden Salad with chickpeas wheat dinner roll fruit	Power Pack- Bagel Pizza Wheat bagel Marinara sauce & Cheese Veggie & fruit
13	14	15	16	17
Sunbutter & jelly on whole wheat Cheese stick Fruit & veggie	Turkey & cheese on wheat bread Fruit Veggie	Grilled chicken on whole wheat bun Fruit & veggie	Chef salad with wheat wrap Fruit	Southwest Chicken Wrap Black bean & corn salad fruit
20	21	22	23	24
Whole wheat giant pretzel Yogurt Cheese stick Fruit & veggie	Power Pack- Bagel Pizza Wheat bagel Marinara sauce & Cheese veggie & fruit	Chicken Caesar Salad with whole wheat wrap Fruit	Grilled chicken on whole wheat bun Fruit veggie	End of Summer Potluck CAMP ONLY: Mayor's Picnic

*This institution is an Equal Opportunity Provider
Please see important allergy information on reverse side*

BREAKFAST: 8:00 - 8:45 AM

Breakfast only served at School sites and Waltham Boys & Girls Club site

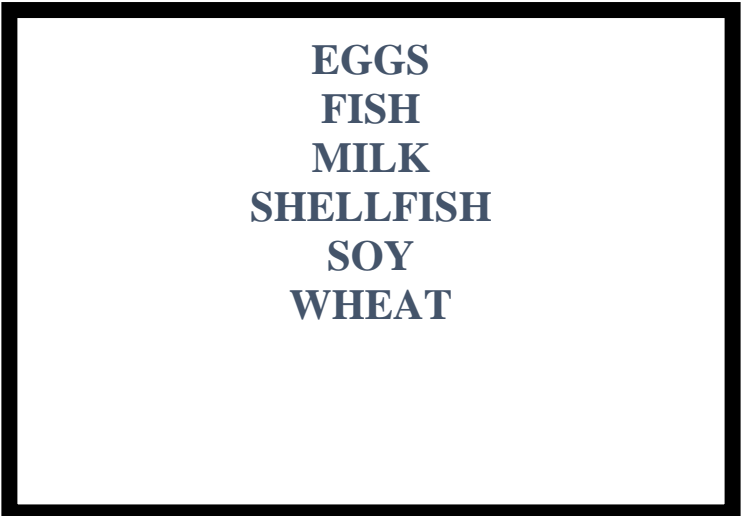
Each morning there will be assorted cereal, 100% juice and 1% white Milk available

Additional food choices may be available in addition to the above

SFSP

IMPORTANT

The meal served at this site may contain one of the following allergens:



**EGGS
FISH
MILK
SHELLFISH
SOY
WHEAT**

This meal may have been prepared in a facility that is NOT allergen-free.

Please note: The Waltham Boys & Girls Club is a nut-free facility

This institution is an equal opportunity provider.