

WALTHAM BOYS & GIRLS CLUB: DINNER MENU JULY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ'ed Chicken w/ mashed Potato w/ enriched dinner roll	2 Enriched Pasta w/ tomato & meat sauce	3 Hand tossed cheese pizza on enriched dough	4 No Lunch Service Happy Independence Day	5 No Lunch Service
8 Hot Dogs on enriched bun	9 Chicken & Veggie stir fry w/ Brown rice	10 Hand tossed cheese pizza on enriched dough	11 Hamburger on enriched bun	12 Whole Grain Corn Nachos w/ cheese
15 Toasted enriched Ravoli's	16 Grilled Chicken Sandwich on enriched bun	17 Hand tossed cheese pizza on enriched dough	18 Chicken w/ Gravy enriched bread slice	19 Pulled Pork on enriched buns
22 Meatball & Tomato Sauce on enriched sub rolls	23 Baked Ranch Chicken w/ Whole Grain Rice	24 Hand tossed cheese pizza on enriched dough	25 Enriched pasta w/ Chicken	26 Hot Dogs on enriched bun
29 Enriched Macaroni & Cheese	30 Hamburger on enriched bun	31 Hand tossed cheese pizza on enriched dough	1 Enriched Pasta w/ tomato & meat sauce	2 Whole Grain Corn Tacos w/ rice

Every meal served with Fresh Fruit & Veggies and % 1% white or flavored skim milk!

*Please see important allergy information on reverse side
This institution is an Equal Opportunity Provider
Menu subject to change.*

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.

Find site times and locations at <https://walthambgc.org/food-program/>