

WALTHAM BOYS & GIRLS CLUB: LUNCH MENU JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Chicken sandwich on enriched bun	2 Ham and cheese on wheat bread	3 Turkey & cheese on enriched bun With farm fresh lettuce	4 No Lunch Service Happy Independence Day	5 No Lunch Service
8 Sunbutter & Jelly on wheat bun Cheese stick	9 Whole Wheat Giant Pretzel with hummus & cheese stick	10 Ham and cheese on wheat bread	11 Greek Salad w/ enriched pita bread Fresh fruit	12 Grilled Chicken sandwich on wheat bun
15 Sunbutter & Jelly on wheat bun Cheese stick	16 Southwest Chicken wrap Cucumber slices	17 Grilled chicken on whole wheat bun Fresh fruit & veggie	18 Chicken Caesar salad Enriched Pita bread *Farm Fresh Lettuce	19 Ham and cheese on wheat bread
22 Whole Wheat Giant Pretzel with hummus & cheese stick	23 Turkey & cheese on enriched bun	24 Grilled Chicken sandwich on wheat bun	25 Taco salad with wheat wrap *Farm fresh lettuce!!	26 Chicken salad on whole wheat wrap Fresh fruit & veggie
29 Diced Chicken Salad on wheat wrap	30 Bologna & Cheese On enriched bread	31 Turkey & cheese on enriched bun With farm fresh lettuce	BREAKFAST: 8:00 - 8:45 AM (Served at Breakfast sites ONLY) Each morning there will be assorted cereal, 100% juice and 1% white Milk available. Additional food choices may be available. <i>Please see important allergy information on reverse side</i> <i>This institution is an Equal Opportunity Provider</i> <i>Menu subject to change.</i>	

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



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.