

WALTHAM BOYS & GIRLS CLUB: DINNER MENU AUGUST 2019



WALTHAM
BOYS & GIRLS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Enriched pasta with tomato meat sauce	Taco w/ rice & Beans Lettuce, tomato cheese & Salsa
5	6	7	8	9
Toasted ravioli with Tomato sauce	Hamburger on enriched buns	Hand tossed cheese pizza on enriched dough	BBQ'ed Pulled Pork on Enriched bun	White fish w/ brown rice
12	13	14	15	16
Macaroni & Cheese	Teriyaki Chicken and vegetable stir fry w/ brown rice	Hand tossed cheese pizza on enriched dough	Chicken fajita wrap	Meatball subs on enriched roll
19	20	21	22	23
BBQ'ed Pulled Pork on Enriched bun	Grilled Chicken w/ Salsa and Cheese over brown rice	Hand tossed cheese pizza on enriched dough	Hamburger on enriched buns	Hot Dogs on enriched buns
			<p>BREAKFAST: 8:00 - 8:45 AM (Served at Breakfast sites ONLY)</p> <p>Each morning there will be assorted cereal, 100% juice and 1% white Milk available. Additional food choices may be available.</p> <p><i>Please see important allergy information on reverse side</i></p> <p><i>This institution is an Equal Opportunity Provider</i></p> <p><i>Menu subject to change.</i></p>	

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.