

# WALTHAM BOYS & GIRLS CLUB: LUNCH MENU AUGUST 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			No Lunch Service Happy Independence Day	Sunbutter & Jelly on wheat bun Cheese stick
5	6	7	8	9
Whole Wheat Giant Pretzel with hummus & cheese stick	Ham and cheese on wheat bread	Tuna Salad on Wheat bun w/ Potato Chips	Caesar Salad w/ enriched pita bread	Grilled Chicken sandwich on wheat bun
12	13	14	15	16
Sunbutter & Jelly on wheat bun Cheese stick	Turkey & Cheese on enriched bun	Diced Chicken Salad on wheat wrap	Farm fresh Garden Salad w/ Grilled Chicken Enriched Pita bread	Bologna and cheese on wheat bread
19	20	21	22	23
Grilled Chicken sandwich on wheat bun	Ham & cheese on enriched bun	Turkey & cheese on Wheat Bread	Chef Salad wheat wrap *Farm fresh lettuce!!	Chicken salad on whole wheat wrap Fresh fruit & veggie
			<b>BREAKFAST: 8:00 - 8:45 AM (Served at Breakfast sites ONLY)</b> 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.**