



October Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Grilled Turkey Melt Mac Salad, Apple slices Milk
4	5	6	7	8
Meatball Sub Green Beans, Apple sauce Milk	Grilled Ham & Cheese Carrot dippers , Fruit cocktail Milk	Pasta W/ meat sauce Mix veggies , Pears Milk	Pizza W/ Salad Peach Cup Milk	Chicken Sandwich Corn & Blackbeans Fruit cocktail Milk
11	12	13	14	15
Pizza Lunchable Carrots W/ ranch , Peach cup Milk	Turkey & Cheese Melt Carrot dippers, Fruit cocktail Milk	Pasta w/ Meat sauce Carrots , Pears Milk	Pizza W/ Salad Peach Cup Milk	Chicken Fajita Rice, Corn & Black Beans, Apple sauce Milk
18	19	20	21	22
Turkey & Gravy, roll Mashed Potato , Carrots Applesauce , Milk	Chicken Pot Pie Mashed Potato, roll Pear, Milk	Pasta w/ Meat sauce Carrot coins , fruit cocktail Milk	Pizza W/ Salad Peach Cup Milk	Chicken Parm Sandwich carrots, Pears Milk
25	26	27	28	29
Toasted Ham & Cheese Side salad, Peach Cup Milk	Chicken Stir fry Broccoli & Carrots Peach Cup, Milk	Pasta W/ Meat sauce Carrot coins, Fruit cocktail Milk	Pizza w/ Salad Peach Cup Milk	Beef Hot dog Corn, peach Cup Milk

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

MENU SUBJECT TO CHANGE

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.

All food must be eaten on premises!

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