

GREAT FUTURES START HERE.



November 2022 DINNER Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey W/ Gravy Mashed potato & Roll Apple Sauce Cup Milk	2 Pasta W/ Meat sauce Peas & Carrots Fruit Cocktail Milk	3 Pizza W/ Salad Orange Wedges Milk	4 Chicken Alfredo W/ Pasta Broccoli Pineapple Milk
7 Macaroni & Cheese Green Beans Fruit Salad Milk	8 LUNCH Sunbutter & Jelly Cheese Stick Orange , Veggie sticks Milk	9 Pasta W/ Meat Sauce Peas & Carrots Apple Slices	10 Pizza W/ Salad Peach Cup Milk	11 LUNCH Turkey & Cheese Orange , Veggie Sticks Milk
14 Chicken ALfredo W/ Pasta Broccoli Fruit Salad Milk	15 Teriyaki Chicken W/ Rice Broccoli & Carrots Pineapple Milk	16 Pasta W/ Meat sauce Green Beans Apple slices Milk	17 Pizza W/ Salad Orange Wedges Milk	18 Beef Hot Dog Corn Apple Sauce Milk
21 Chicken & Cheese Quesadilla W/ Rice Corn & Black bean Fruit Salad , Milk	22 Macaroni & Cheese Green Beans Apple slices Milk	23 Turkey & Cheese Orange Cucumber Wheels Milk	24 CLOSED	25 CLOSED
28 MeatBall Sub Green beans Fruit Salad Milk	29 Teriyaki Chicken W/ rice Broccoli & Carrots Pineapple Milk	30 Pasta W/ Meat Sauce Peas & Carrots Fruit Cocktail Milk		

MENU SUBJECT TO CHANGE

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

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!