

GREAT FUTURES START **HERE.**



**WALTHAM
BOYS & GIRLS CLUB**

September 2023 Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED Happy Labor Day	5 (2 oz) Grilled Cheese (1 oz) WW Bread (½ c) Tomato & Cucumber (½ c) Cupped pears (8 oz) Choice Of Milk	6 (2 oz) WW Bagel pizza (1 c) Salad (1 each) Fresh Apple (8 oz) Choice Of Milk	7 (3 Oz) Grilled Chicken on (1 oz) WW Bun (½ c) SouthWest Style Corn (½ c) pineapple (8 Oz) Choice of Milk	8 (3 Oz) Chicken (1 c) Caesar Salad (1 Oz) WW wrap (1 each) Fresh Apple (8 oz) Choice of Milk
11	12	13	14	15
(3 oz) Chicken Salad (1 oz) WW wrap (1 each) Orange Wedges (½ c) Carrot & Celery (1 oz) Chips (8oz) Choice Of Milk	(2 oz) Burger W/ Cheese (1 oz) WW Bun (1 c) Fries (½ C) Cupped Pears (8 oz) Choice of Milk	(8 oz) Pasta W/ Meat Sauce (1 oz) WW Dinner roll (½ c) Green Beans (1 each) Fresh Apple (8 oz) Choice Of Milk	(2 oz) WW Bagel Pizza (1 c) Salad (½ c) Orange Wedges (8 oz) Choice Of Milk	(2oz) All Beef Hot dog (1 oz) WW Bun (½ c) Corn (½ c) Cupped Peaches (8 oz) choice of Milk
18	19	20	21	22 NACHO
(3 oz) Grilled Cheese (1 oz) WW Bread (1 c) Caesar Side Salad (½ c) Fruit Cocktail (8 oz) Choice Of Milk	(3 oz) Teriyaki Chicken (½ c) Rice (½ c) Broccoli (½ c) Pineapple (8 oz) Choice Of Milk	(8 OZ) Pasta Meat Sauce (1 oz) WW Dinner Roll 1/2c) Green Beans (1/2c) Fresh Apple (8oz) Choice Of Milk	(2 oz) WW Bagel Pizza (1 c) Salad (½ c) Orange Wedges (8 oz) Choice Of Milk	(3 oz) Beef (4 oz) Cheese Cup (1 Oz) WW Tortilla Chips (1/2c) Corn (1/2c) Cupped pears (8 Oz) choice of Milk
25 LUNCH	26	27	28	29
(1 oz) Sunbutter & Jelly (1 oz) WW Bread (1 oz) Cheese Stick (1/2c) Orange Wedges (½ c) Veggie Dippers (8OZ) Choice Of Milk	(2 oz) Burger W/ Cheese (1 oz) WW Bun (1 c) Fries (½ C) Cupped Pears (8 oz) Choice of Milk	8 OZ) Pasta Meat Sauce (1 oz) WW Dinner Roll 1/2c) Green Beans (1/2c) Fresh Apple (8oz) Choice Of Milk	(2 oz) WW Bagel Pizza (1 c) Salad (½ c) Orange Wedges (8 oz) Choice Of Milk	(2oz) All Beef Hot dog (1 oz) WW Bun (½ c) Corn (½ c) Cupped Peaches (8 oz) choice of Milk

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USDA Nondiscrimination Statement

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: USDA Discrimination Complaint Form , from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA

by:

mail:

**U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or**

fax:

(833) 256-1665 or (202) 690-7442; or

email:

program.intake@usda.gov

This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE

The meal served at this site may contain one of the following allergens:

**EGGS
FISH
MILK
SHELLFISH
SOY
WHEAT**