

Summer Food Program Meal Schedule

Club Week "A"				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8 oz. milk muffin (1.8 oz.) CN diced fruit cup (1/2 cup)	Breakfast 8 oz. milk cereal (1 oz.) CN mixed fruit cup (1/2 cup)	Breakfast 8 oz. milk pop tart (3.6 oz.) CN 2 bags of apple slices (4 oz.)	Breakfast 8 oz. milk cereal (1 oz.) CN diced fruit cup (1/2 cup)	Breakfast 8 oz. milk honeybun (2.5 oz.) CN mixed fruit cup (1/2 cup)
Lunch 8 oz. milk 4 chicken nuggets (2 oz.) CN 1 whole grain roll (25 gm) 1/2 cup corn 1/2 cup cold carrots w/ranch	Lunch 8 oz. milk 1/2 cup macaroni & cheese CN (4 oz. cheese) 1 whole grain roll (25 gm) 1/2 cup fruit cocktail 1/2 cup green beans	Lunch 8 oz. milk hamburger patty (2 oz.) 2% cheese (1 oz.) whole wheat bun (25 gm) 1/2 cup new potatoes 1/2 cup apple sauce	Lunch 8 oz. milk 4 mini corn dogs (2 oz.) CN 1 whole grain roll (25 gm) 1/2 cup apple sauce 1/2 cup green beans Cheese Cubes (1 oz.)	Lunch 8 oz. milk baked ham (2 oz.) whole wheat roll (25 gm) 1/2 cup mashed potatoes 1/2 cup sliced peaches

Club Week "B"				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8 oz. milk muffin (1.8 oz.) CN diced fruit cup (1/2 cup)	Breakfast 8 oz. milk cereal (1 oz.) CN mixed fruit cup (1/2 cup)	Breakfast 8 oz. milk pop tart (3.6 oz.) CN 2 bags of apple slices (4 oz.)	Breakfast 8 oz. milk cereal (1 oz.) CN diced fruit cup (1/2 cup)	Breakfast 8 oz. milk honeybun (2.5 oz.) CN mixed fruit cup (1/2 cup)
Lunch 8 oz. milk turkey (2oz) & gravy (1/2 oz.) 1 whole grain roll (25 gm) 1/2 cup mandarin oranges 1/2 cup Green Beans	Lunch 8 oz. milk meat (2 oz.) with sauce (1 oz.) spaghetti noodles (1/2 cup) whole wheat roll (25 gm) 1 small apple (4 oz.) 1/2 cup corn	Lunch 8 oz. milk hot dog (1.5 oz.) cheese cubes (1 oz.) whole wheat bun (25 gm) 1 small corn on the cob (4oz.) 1/2 cup peach slices	Lunch 8 oz. milk chicken tenders (2 oz.) CN corn bread (32 gm) 1/2 cup green beans 1 whole banana (4 oz.)	Lunch 8 oz. milk chicken fillet patty (2 oz.) CN whole wheat bun (25 gm) 1 small orange (4 oz.) 1/2 cup broccoli

Afternoon snack and drink offered daily at the Club. Items will vary.

For Camp Spencer				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
The same breakfast as served at the Club, alternating between week A and week B				
Lunch 8 oz. milk Chix Fingers (2 oz.) CN 1/2 cup Mashed Potatoes 1 whole grain roll (25 gm) 1/2 cup Apple Sauce	Lunch 8 oz. milk meat (2 oz.) with sauce (1 oz.) spaghetti noodles (1/2 cup) 1/2 cup Green Beans Garlic Toast (WG) 1/2 cup Mandarin Oranges	Lunch 8 oz. milk Chop Steak (2 oz.) 1/2 cup Green Beans Soft Roll (WG) 1/2 cup peach slices	Lunch 8 oz. milk Corn Dog Nuggets (2 oz.) CN 1/2 cup corn Soft Roll (WG) 1/2 cup Fruit Cocktail	Lunch 8 oz. milk 1/2 cup macaroni & cheese CN (4 oz. cheese) 1/2 cup Corn Soft Roll (WG) 1/2 cup Pear Slices

Field Trip Lunches

The same lunch will be served to all kids going on field trips on based on the day of the week.

These lunches will not be provided if the field trip includes lunch (examples: Ci-Ci's Pizza and Frye's Skating Rink includes lunch in the trips.)

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lunch			
8 oz. milk	8 oz. milk	8 oz. milk	8 oz. milk	8 oz. milk
5.6 oz. whole wheat peanut butter & jelly sandwich (CN)	5.6 oz. whole wheat peanut butter & jelly sandwich (CN)	5.6 oz. whole wheat peanut butter & jelly sandwich (CN)	5.6 oz. whole wheat peanut butter & jelly sandwich (CN)	5.6 oz. whole wheat peanut butter & jelly sandwich (CN)
mixed fruit cup (1/2 cup)	diced fruit cup (1/2 cup)	mixed fruit cup (1/2 cup)	diced fruit cup (1/2 cup)	mixed fruit cup (1/2 cup)
sliced apples (2 oz.)	sliced apples (2 oz.)	sliced apples (2 oz.)	sliced apples (2 oz.)	sliced apples (2 oz.)

Important Information

If the club is closed for a day, that meal day will be skipped (July 4th)

Your child must be at the club before 8:30am each morning if you choose to have them eat the vended lunches.

Allergies: We do not provide alternate meals for children with allergies. Please pack your child's lunch if you are concerned with the menu items.

We **WILL** provide a small lunchable in place of the PB&J sandwich on field trips for children with peanut allergies only. This must be documented.

This menu is subject to change depending on State recommendations, food availability and/or preferences of the children.

If you have any questions, please contact Mark Tracy at mtracy@bgclubcab.org or 704-721-2582 extension 171