

Summer Food Program Meal Schedule

Revised 6/28/2019

		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	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	Lunch	Lunch	Lunch	Lunch
Entrée (2 oz.)	Chicken Fingers	Pizza	2 oz. Chop Steak	Corn Dog Nuggets	Baked Spaghetti	
Vegetable (4 oz.)	Mash Pot	Green Beans	Mash Potatos	Yams	Corn	
Bread (1 oz.)	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	
Fruit (2 oz.)	Apple Sauce	Pear Slices	Peaches	Fruit Cocktail	Mandarin Oranges	

		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	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	Lunch	Lunch	Lunch	Lunch
Entrée (2 oz.)	2 oz. Chop Steak	Corn Dog Nuggets	Chicken Fingers	Baked Spaghetti	Pizza	
Vegetable (4 oz.)	Mash Pot	Yams	Corn	Green Beans	Mash Potatos	
Bread (1 oz.)	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	
Fruit (2 oz.)	Apple Sauce	Pear Slices	Peaches	Fruit Cocktail	Mandarin Oranges	

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	Lunch	Lunch	Lunch	Lunch
The same lunch as served at the Club, alternating between week A and week B (Meals will be unitized)				

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, Wednesday, Friday	Tuesday, Thursday
Lunch	Lunch
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)
mixed fruit cup (1/2 cup)	diced fruit cup (1/2 cup)
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 106