

# Summer Food Program Meal Schedule

Club/Camp 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 Baked spaghetti, ground beef (1cup) green beans (1/2 cup) strawberry applesauce (1/2 cup) cornbread WG	Lunch 8 oz. milk chicken nuggets (5 each) corn (1/2 cup) apple (125 ct.) brown rice (1/2 cup) WG	Lunch 8 oz. milk breaded chicken patty green beans (1/2 cup) mandarin oranges (1/2 cup) hamburger bun WG	Lunch 8 oz. milk meatball & cheese sub corn (1/2 cup) Orange (138 ct) hotdog bun WG	Lunch 8 oz. milk cheeseburger baked beans (1/2 cup) Applesauce (1/2 cup) hamburger bun WG

Club/Camp 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 corn dogs (6 each) corn (1/2 cup) banana breeding on CDN, WG	Lunch 8 oz. milk chicken ranch casserole (1 cup) green beans (1/2 cup) fruit cocktail (1/2 cup) whole wheat roll WG	Lunch 8 oz. milk Cheese pizza corn (1/2 cup) strawberry applesauce (1/2 cup)	Lunch 8 oz. milk chicken nuggets (5 each) green beans (1/2 cup) apple (125 ct.) whole wheat roll WG	Lunch 8 oz. milk BBQ Riblett (2oz) CN mixed vegetables (1/2 cup) mandarin oranges (1/2 cup) hamburger bun WG

Breakfast and afternoon snack are not served at Camp Spencer. Kids will eat breakfast at the club before leaving for camp. They will eat snack each afternoon after returning from Camp.

### 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)	mixed fruit cup (1/2 cup)	mixed fruit cup (1/2 cup)	mixed 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 (June 19th & July 4th)

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 Jeff Green at [jgreen@bgclubcab.org](mailto:jgreen@bgclubcab.org) or 704-721-2582 extension 107

### Afternoon Snack Schedule (subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
apple granola bar	cheddar stick goldfish pretzel	string cheese pretzels	apple graham crackers	banana goldfish