

Summer Food Program Meal Schedule

Revised 5/18/2023

Club and Camp Spencer Week "A"

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 oz. milk muffin (1.8 oz.) CN diced fruit cup (1/2 cup)	8 oz. milk cereal (1 oz.) CN mixed fruit cup (1/2 cup)	8 oz. milk pop tart (3.6 oz.) CN 2 bags of apple slices (4 oz.)	8 oz. milk cereal (1 oz.) CN diced fruit cup (1/2 cup)	8 oz. milk honeybun (2.5 oz.) CN mixed fruit cup (1/2 cup)
Lunch	Lunch	Lunch	Lunch	Lunch
8 oz. milk Baked spaghetti, ground beef (1cup) green beans (1/4 cup) strawberry applesauce (1/2 cup) cornbread WG	8 oz. milk chicken nuggets (5 each) corn (1/4 cup) apple (125 ct.) brown rice (1/2 cup) WG	8 oz. milk turkey corn dogs (6 each) mixed vegetables (1/4 cup) mandarin oranges (1/2 cup) breeding on CDN, WG	8 oz. milk BBQ Chicken Tenders corn (1/4 cup) Orange (138 ct) whole wheat roll WG	8 oz. milk Turkey & Cheese baked beans (1/4 cup) Applesauce (1/2 cup) hamburger bun WG

Club and Camp Spencer Week "B"

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 oz. milk muffin (1.8 oz.) CN diced fruit cup (1/2 cup)	8 oz. milk cereal (1 oz.) CN mixed fruit cup (1/2 cup)	8 oz. milk pop tart (3.6 oz.) CN 2 bags of apple slices (4 oz.)	8 oz. milk cereal (1 oz.) CN diced fruit cup (1/2 cup)	8 oz. milk honeybun (2.5 oz.) CN mixed fruit cup (1/2 cup)
Lunch	Lunch	Lunch	Lunch	Lunch
8 oz. milk turkey corn dogs (6 each) corn (1/4 cup) banana breeding on CDN, WG	8 oz. milk Baked beef macaroni (1 cup) green beans (1/4 cup) fruit cocktail (1/2 cup) cornbread WG	8 oz. milk Cheese pizza corn (1/4 cup) strawberry applesauce (1/2 cup) hot dog bun WG	8 oz. milk chicken nuggets (5 each) green peas (1/4 cup) apple (125 ct.) whole wheat roll WG	8 oz. milk BBQ Riblett mixed vegetables (1/4 cup) mandarin oranges (1/2 cup) hamburger bun WG

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

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

Afternoon Snack Schedule (subject to change)

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

Important Information

If the club is closed for a day, that meal day will be skipped (June 19th & July 4th)

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

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