

## Summer Food Program Meal Schedule

Club Week "A"					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	8 oz. milk 1% muffin (1.8 oz.) CN diced fruit cup (1/2 cup)	8 oz. milk 1% cereal (1 oz.) CN mixed fruit cup (1/2 cup)	8 oz. milk 1% pop tart (3.6 oz.) CN 2 bags of apple slices	8 oz. milk 1% cereal (1 oz.) CN diced fruit cup (1/2 cup)	8 oz. milk 1% honeybun (2.5 oz.) CN mixed fruit cup (1/2 cup)
	Lunch	Lunch	Lunch	Lunch	Lunch
Entrée (2 oz.)	<b>Baked Spaghetti, Ground Beef, 1 cup</b>	<b>Chicken Nuggets</b>	<b>Turkey Corn Dogs, 6 each</b>	<b>Fish Sticks</b>	<b>Hamburger, Beef</b>
Vegetable (4 oz.)	<b>Green Beans</b>	<b>Corn</b>	<b>Mixed Vegetables</b>	<b>Corn</b>	<b>Baked Beans</b>
Bread (1 oz.)	<b>Pasta, 1/2 cup</b>	<b>Brown Rice, 1/2 cup</b>	<b>Breading on Corn Dogs, WG</b>	<b>Corn Bread</b>	<b>Hamburger Bun</b>
Fruit (2 oz.)	<b>Fruit Cocktail</b>	<b>Diced Peaches</b>	<b>Mandarin Oranges</b>	<b>Stewed Apples</b>	<b>Applesauce</b>
	8 oz. milk 1%	8 oz. milk 1%	8 oz. milk 1%	8 oz. milk 1%	8 oz. milk 1%

Club 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	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
Entrée (2 oz.)	<b>Turkey Corn Dogs, 6 each</b>	<b>Baked Beef Macaroni, 1 cup</b>	<b>Hot Dog, Turkey</b>	<b>Chicken Nuggets</b>	<b>BBQ Meatballs</b>
Vegetable (4 oz.)	<b>Corn</b>	<b>Green Beans</b>	<b>Corn</b>	<b>Green Peas</b>	<b>Mixed Vegetables</b>
Bread (1 oz.)	<b>Brown Rice, 1/2 cup</b>	<b>Pasta, 1/2 cup</b>	<b>Hot Dog Bun</b>	<b>Noodles, 1/2 cup</b>	<b>Brown Rice, 1/2 cup</b>
Fruit (2 oz.)	<b>Mandarin Oranges</b>	<b>Crushed Pineapple</b>	<b>Fruit Cocktail</b>	<b>Diced Peaches</b>	<b>Applesauce</b>
	8 oz. milk 1%	8 oz. milk 1%	8 oz. milk 1%	8 oz. milk 1%	8 oz. milk 1%

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
All Breakfasts will be served at the Club before leaving for Camp Spencer					
	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 8 oz. milk 1% 5.6 oz. whole wheat peanut butter & jelly sandwich (CN) mixed fruit cup (1/2 cup) sliced apples (2 oz.)	Lunch 8 oz. milk 1% 5.6 oz. whole wheat peanut butter & jelly sandwich (CN) diced fruit cup (1/2 cup) 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](mailto:mtracy@bgclubcab.org) or 704-721-2582 extension 106