

BGCLT's Summer menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/26/23	6/27/23	6/28/23	6/29/23	6/30/23
Breakfast-Bagels with cream cheese and fresh fruit and milk	Breakfast- Pancakes, sausage and hashbrowns with juice and milk	Breakfast- Muffin choices with canadian bacon and fresh fruit milk	Breakfast- Fresh Fruit Smoothies with granola bar, milk	Breakfast- Breakfast Sandwiches with fresh fruit, Milk
Lunch- Mozzarella Cheese Sticks, Spinach salad and strawberries and milk	Lunch- Sandwich Choices Egg salad, Tuna or chicken with carrots and watermelon, milk	Lunch- Chicken Burger with pretzel bun potato wedges and Melon, milk	Lunch- Chicken Caesar wraps or veggies wraps with Kiwi, milk	Lunch-Beef Taco Salad with the choice of cheese, tomatoes, onions and guacamole and pineapple, milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/3/23	7/4/23	7/5/23	7/6/23	7/7/23
CLUB CLOSED	CLUB CLOSED	Breakfast- French Toast sticks with bacon and berries, milk	Breakfast-Biscuits and Gravy with apple half , milk	Breakfast- Cereal choices with hard boiled egg and fresh fruit choices, milk
		Lunch- Macaroni and Cheese with fresh broccoli and kiwi, milk	Lunch-Hot Dogs with tater tots and watermelon, milk	Lunch-Pizza Choices with salad with pineapple, milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/10/23	7/11/23	7/12/23	7/13/23	7/14/23
Breakfast-Bagels with cream cheese and fresh fruit, milk	Breakfast- Pancakes, sausage and hashbrowns with juice, milk	Breakfast- Muffin choices with canadian bacon and fresh fruit, milk	Breakfast- Fresh Fruit Smoothies with granola bar, milk	Breakfast- Breakfast Sandwiches with fresh fruit, Milk
Lunch- Mozzarella Cheese Sticks, Spinach salad and strawberries, milk	Lunch- Sandwich Choices Egg salad, Tuna or chicken with carrots and watermelon, milk	Lunch- Chicken Burger with pretzel bun potato wedges and Melon, milk	Lunch- Chicken Caesar wraps or veggies wraps with Kiwi, milk	Lunch-Beef Taco Salad with the choice of cheese, tomatoes, onions and guacamole and pineapple, milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/17/23	7/18/23	7/19/23	7/20/23	7/21/23
Breakfast- Breakfast Burritos with fresh fruit, milk Lunch-Turkey or Ham sub with lettuce, pickle spear and choice of tomatoes and grapes, milk	Breakfast- Fruit Parfaits with granola on top, milk Lunch- Carnita Tacos with lime cilantro and onions and Melon, milk	Breakfast- French Toast sticks with bacon and berries, milk Lunch- Macaroni and Cheese with fresh broccoli and kiwi, milk	Breakfast-Biscuits and Gravy with apple half, milk Lunch-Hot Dogs with tater tots and watermelon, milk	Breakfast- Cereal choices with hard boiled egg and fresh fruit choices, milk Lunch-Pizza Choices with salad with pineapple, milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/24/23	7/25/23	7/26/23	7/27/23	7/28/23
Breakfast-Bagels with cream cheese and fresh fruit, milk Lunch- Mozzarella Cheese Sticks, Spinach salad and strawberries, milk	Breakfast- Pancakes, sausage and hashbrowns with juice, milk Lunch- Sandwich Choices Egg salad, Tuna or chicken with carrots and watermelon, milk	Breakfast- Muffin choices with canadian bacon and fresh fruit, milk Lunch- Chicken Burger with pretzel bun potato wedges and Melon, milk	Breakfast- Fresh Fruit Smoothies with granola bar, milk Lunch- Chicken Caesar wraps or veggies wraps with Kiwi, milk	Breakfast- Breakfast Sandwiches with fresh fruit, Milk Lunch-Beef Taco Salad with the choice of cheese, tomatoes, onions and guacamole and pineapple, milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/31/23	8/1/23	8/2/23	8/3/23	8/4/23
Breakfast- Breakfast Burritos with fresh fruit, milk Lunch-Turkey or Ham sub with lettuce, pickle spear and choice of tomatoes and grapes, milk	Breakfast- Fruit Parfaits with granola on top, milk Lunch- Carnita Tacos with lime cilantro and onions and Melon, milk	Breakfast- French Toast sticks with bacon and berries, milk Lunch- Macaroni and Cheese with fresh broccoli and kiwi, milk	Breakfast-Biscuits and Gravy with apple half, milk Lunch-Hot Dogs with tater tots and watermelon, milk	Breakfast- Cereal choices with hard boiled egg and fresh fruit choices, milk Lunch-Pizza Choices with salad with pineapple, milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/7/23	8/8/23	8/9/23	8/10/23	8/11/23
Breakfast-Bagels with cream cheese and fresh fruit, milk Lunch- Mozzarella Cheese Sticks, Spinach salad and strawberries, milk	Breakfast- Pancakes, sausage and hashbrowns with juice, milk Lunch- Sandwich Choices Egg salad, Tuna or chicken with carrots and watermelon, milk	Breakfast- Muffin choices with canadian bacon and fresh fruit, milk Lunch- Chicken Burger with pretzel bun potato wedges and Melon, milk	Breakfast- Fresh Fruit Smoothies with granola bar, milk Lunch- Chicken Caesar wraps or veggies wraps with Kiwi, milk	Breakfast- Breakfast Sandwiches with fresh fruit, Milk Lunch-Beef Taco Salad with the choice of cheese, tomatoes, onions and guacamole and pineapple, milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/14/23	8/15/23	8/16/23	8/17/23	8/18/23
Breakfast- Breakfast Burritos with fresh fruit, milk Lunch-Turkey or Ham sub with lettuce, pickle spear and choice of tomatoes and grapes, milk	Breakfast- Fruit Parfaits with granola on top, milk Lunch- Carnita Tacos with lime cilantro and onions and Melon, milk	Breakfast- French Toast sticks with bacon and berries, milk Lunch- Macaroni and Cheese with fresh broccoli and kiwi, milk	Breakfast-Biscuits and Gravy with apple half, milk Lunch-Hot Dogs with tater tots and watermelon, milk	Breakfast- Cereal choices with hard boiled egg and fresh fruit choices, milk Lunch-Pizza Choices with salad with pineapple, milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/21/23	8/22/23	8/23/23	8/24/23	8/25/23
CLUB CLOSED	CLUB CLOSED	CLUB CLOSED	CLUB CLOSED	CLUB CLOSED

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Menu can be subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Milk</p> <p>Milk, fluid 1 cup (8 fl. oz.)² Breakfast- ½ cup of fruit of Vegetable</p> <p>Lunch-Milk, fluid 1 cup (8 fl. oz.) and ¾ cup of fruit or vegetable</p>	<p>Milk, fluid 1 cup (8 fl. oz.)² Breakfast- ½ cup of fruit of Vegetable</p> <p>Lunch-Milk, fluid 1 cup (8 fl. oz.) and ¾ cup of fruit or vegetable</p>	<p>Milk, fluid 1 cup (8 fl. oz.)² Breakfast- ½ cup of fruit of Vegetable</p> <p>Lunch-Milk, fluid 1 cup (8 fl. oz.) and ¾ cup of fruit or vegetable</p>	<p>Milk, fluid 1 cup (8 fl. oz.)² Breakfast- ½ cup of fruit of Vegetable</p> <p>Lunch-Milk, fluid 1 cup (8 fl. oz.) and ¾ cup of fruit or vegetable</p>	<p>Milk, fluid 1 cup (8 fl. oz.)² Breakfast- ½ cup of fruit of Vegetable</p> <p>Lunch-Milk, fluid 1 cup (8 fl. oz.) and ¾ cup of fruit or vegetable</p>

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