

BGCLT Summer Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 6/24/24 | 6/25/24 | 6/26/24 | 6/27/24 | 6/28/24 |
| Breakfast- Muffin canadian Bacon fresh fruit with milk Lunch- Bosco Stick with Marinara sauce Kiwi and cucumbers with milk | Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk Lunch- Carnita tacos with fresh onions and cilantro black beans and pineapple with milk | Breakfast- Smoothie with fresh fruit and cracker with milk Lunch- Pasta salad with carrots and orange with milk | Breakfast- Breakfast pizza with pineapple with milk Lunch- Chicken caesar salad with bread roll pears with milk | Breakfast- Breakfast Sandwiches with oranges with milk Lunch- Sandwich choices, Egg Tuna or chicken celery and carrots with Strawberries with milk |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--------------------|--------------------|
| 7/1/24 | 7/2/24 | 7/3/24 | 7/4/24 | 7/5/24 |
| Breakfast- Parfait fresh berries and homemade granola with milk Lunch- Chicken Tenders potato smiles with Melon with milk | Breakfast- French toast scramble eggs and Juice with milk Lunch- Mac and cheese Fresh broccoli and Pears with milk | Breakfast- Cereal with hard boiled egg and fruit choice with milk Lunch- Hotdog baked beans with cucumbers and watermelon with milk | Club closed | Club closed |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 7/8/24 | 7/9/24 | 7/10/24 | 7/11/24 | 7/12/24 |
| Breakfast- Muffin canadian Bacon fresh fruit with milk Lunch- Bosco Stick with Marinara sauce Kiwi and cucumbers with milk | Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk Lunch- Carnita tacos with fresh onions and cilantro black beans and pineapple with milk | Breakfast- Smoothie with fresh fruit and cracker with milk Lunch- Pasta salad with carrots and orange with milk | Breakfast- Breakfast pizza with pineapple with milk Lunch- Chicken caesar salad with bread roll pears with milk | Breakfast- Breakfast Sandwiches with oranges with milk Lunch- Sandwich choices, Egg Tuna or chicken celery and carrots with Strawberries with milk |

***Menu is subject to change**

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| 7/15/24 | 7/16/24 | 7/17/24 | 7/18/24 | 7/19/24 |
| <p>Breakfast- Parfait fresh berries and homemade granola with milk</p> <p>Lunch- Chicken Tenders potato smiles with Melon with milk</p> | <p>Breakfast- French toast scramble eggs and Juice with milk</p> <p>Lunch- Mac and cheese Fresh broccoli and Pears with milk</p> | <p>Breakfast- Cereal with hard boiled egg and fruit choice with milk</p> <p>Lunch- Hotdog baked beans with cucumbers and watermelon with milk</p> | <p>Breakfast- Pancakes with hash browns and apple with milk</p> <p>Lunch- Hamburger potato wedges and strawberries with milk</p> | <p>Breakfast- Breakfast burritos with ham sausage and egg with milk</p> <p>Lunch- Sandwich choices Ham or turkey with pickle wedge and peaches with milk</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 7/22/24 | 7/23/24 | 7/24/24 | 7/25/24 | 7/26/24 |
| <p>Breakfast- Muffin canadian Bacon fresh fruit with milk</p> <p>Lunch- Bosco Stick with Marinara sauce Kiwi and cucumbers with milk</p> | <p>Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk</p> <p>Lunch- Carnita tacos with fresh onions and cilantro black beans and pineapple with milk</p> | <p>Breakfast- Smoothie with fresh fruit and cracker with milk</p> <p>Lunch- Pasta salad with carrots and orange with milk</p> | <p>Breakfast- Breakfast pizza with pineapple with milk</p> <p>Lunch- Chicken caesar salad with bread roll pears with milk</p> | <p>Breakfast- Breakfast Sandwiches with oranges with milk</p> <p>Lunch- Sandwich choices, Egg Tuna or chicken celery and carrots with Strawberries with milk</p> |

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BGCLT Summer Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 7/29/24 | 7/30/24 | 7/31/24 | 8/1/24 | 8/2/24 |
| <p>Breakfast- Parfait fresh berries and homemade granola with milk</p> <p>Lunch-Chicken Tenders potato smiles with Melon with milk</p> | <p>Breakfast-French toast scramble eggs and Juice with milk</p> <p>Lunch- Mac and cheese Fresh broccoli and Pears with milk</p> | <p>Breakfast- Cereal with hard boiled egg and fruit choice with milk</p> <p>Lunch- Hotdog baked beans with cucumbers and watermelon with milk</p> | <p>Breakfast- Pancakes with hash browns and apple with milk</p> <p>Lunch-Hamburger potato wedges and strawberries with milk</p> | <p>Breakfast-Breakfast burritos with ham sausage and egg with milk</p> <p>Lunch- Sandwich choices Ham or turkey with pickle wedge and peaches with milk</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 8/5/24 | 8/6/24 | 8/7/24 | 8/8/24 | 8/9/24 |
| <p>Breakfast- Muffin canadian Bacon fresh fruit with milk</p> <p>Lunch- Bosco Stick with Marinara sauce Kiwi and cucumbers with milk</p> | <p>Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk</p> <p>Lunch-Carnita tacos with fresh onions and cilantro black beans and pineapple with milk</p> | <p>Breakfast- Smoothie with fresh fruit and cracker with milk</p> <p>Lunch-Pasta salad with carrots and orange with milk</p> | <p>Breakfast- Breakfast pizza with pineapple with milk</p> <p>Lunch- Chicken caesar salad with bread roll pears with milk</p> | <p>Breakfast- Breakfast Sandwiches with oranges with milk</p> <p>Lunch- Sandwich choices, Egg Tuna or chicken celery and carrots with Strawberries with milk</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | LAST DAY OF SUMMER FRIDAY |
|--|---|---|---|---|
| 8/12/24 | 8/13/24 | 8/14/24 | 8/15/24 | 8/16/24 |
| <p>Breakfast- Parfait fresh berries and homemade granola with milk</p> <p>Lunch-Chicken Tenders potato smiles with Melon with milk</p> | <p>Breakfast-French toast scramble eggs and Juice with milk</p> <p>Lunch- Mac and cheese Fresh broccoli and Pears with milk</p> | <p>Breakfast- Cereal with hard boiled egg and fruit choice with milk</p> <p>Lunch- Hotdog baked beans with cucumbers and watermelon with milk</p> | <p>Breakfast- Pancakes with hash browns and apple with milk</p> <p>Lunch-Hamburger potato wedges and strawberries with milk</p> | <p>Breakfast-Breakfast burritos with ham sausage and egg with milk</p> <p>Lunch- Sandwich choices Ham or turkey with pickle wedge and peaches with milk</p> |

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Meal pattern requirements: Each day members will receive a unitized meal consisting of the following components

| FOOD COMPONENTS | BREAKFAST | LUNCH |
|--|---|---|
| Milk Milk, fluid | 1 cup (8 fl. oz.) ² | 1 cup (8 fl. oz.) ³ |
| Vegetable(s) and/or Fruit(s) Vegetable(s) and/or fruit(s) <i>or</i> Full-strength vegetable or fruit juice <i>or</i> An equivalent quantity of any combination vegetables(s), fruit(s), and juice | ½ cup ½ cup (4 fl. oz.) | ¾ cup total ⁴ |
| Grains/Breads⁵ Bread Cornbread, biscuits, rolls, muffins, etc., <i>or</i> Cold dry cereal <i>or</i> Cooked pasta or noodle product <i>or</i> Cooked cereal or cereal grains or an equivalent quantity of any combination of bread/bread alternates | 1 slice (.9 oz.) 1 serving ¾ cup or 1 oz. ⁶ ½ cup ½ cup | 1 slice (.9 oz.) 1 serving ½ cup ½ cup |
| Meat/Meat Alternates⁷ Lean meat, poultry, fish <i>or</i> Cheese <i>or</i> Cottage cheese <i>or</i> Eggs <i>or</i> Cooked dry beans, peas, <i>or</i> Peanut butter, soynut butter, seed butters, other nut butters, <i>or</i> Peanuts, soy nuts, tree nuts, seeds, <i>or</i> Yogurt, flavored, plain, sweetened, <i>or</i> An equivalent quantity of any combination of the above meat/meat alternates | (Optional) 1 oz. 1 oz. ¼ cup 1 large egg ¼ cup 2 Tbsp. 1 oz. ½ cup (4 fl. oz.) 1 oz. total | 2 oz. 2 oz. ½ cup 1 large egg ½ cup 4 Tbsp. 1 oz. = 50% 1 cup (8 fl. oz.) 2 oz. total |

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