

BGCLT Summer Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/29/26	6/30/26	7/1/26	7/2/26	7/3/26
Breakfast- Biscuits & Gravy, Homestyle potatoes, turkey bacon fruit and milk Lunch- Chicken Caesar salad wrap, grapes and milk	Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk Lunch- Hotdog baked beans with cucumbers and watermelon 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 Patty sandwich on pretzel bun potato wedges juice with milk	Club closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/6/26	7/7/26	7/8/26	7/9/26	7/10/26
Breakfast- Parfait fresh berries and homemade granola with milk Lunch- Waffle chicken tender applesauce carrots milk	Breakfast- French toast scramble eggs and Juice with milk Lunch- Taquitos, refried beans, salsa, pears and milk	Breakfast- Cereal with hard boiled egg and fruit choice with milk Lunch- Mac and cheese Fresh broccoli and Pears with milk	Breakfast- Pancakes with hash browns and apple with milk Lunch- Hamburger potato wedges and strawberries with milk	Breakfast- Bagel cream cheese oranges and milk Lunch- Sandwich choices Ham or turkey with pickle wedge and peaches with milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/13/26	7/14/26	7/15/26	7/16/26	7/17/26
Breakfast- Biscuits & Gravy, Homestyle potatoes, turkey bacon fruit and milk Lunch- Chicken Caesar salad wrap, grapes and milk	Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk Lunch- Hotdog baked beans with cucumbers and watermelon 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 Patty sandwich on pretzel bun potato wedges juice with milk	Breakfast- Cinnamon roll, sausage, fruit and milk Lunch- French Bread Pizza, Salad, Pineapple and Milk

***Menu is subject to change**

BGCLT Summer Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/20/26	7/21/26	7/22/26	7/23/26	7/24/26
Breakfast- Parfait fresh berries and homemade granola with milk	Breakfast- French toast scramble eggs and Juice with milk	Breakfast- Cereal with hard boiled egg and fruit choice with milk	Breakfast- Pancakes with hash browns and apple with milk	Breakfast- Bagel cream cheese oranges and milk
Lunch- Waffle chicken tender applesauce carrots milk	Lunch- Taquitos, refried beans, salsa, pears and milk	Lunch- Mac and cheese Fresh broccoli and Pears with milk	Lunch- Hamburger potato wedges and strawberries with milk	Lunch- Sandwich choices Ham or turkey with pickle wedge and peaches with milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/27/26	7/28/26	7/29/26	7/30/26	7/31/26
Breakfast- Biscuits & Gravy, Homestyle potatoes, turkey bacon fruit and milk	Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk	Breakfast- Smoothie with fresh fruit and cracker with milk	Breakfast- Breakfast pizza with pineapple with milk	Breakfast- Cinnamon roll, sausage, fruit and milk
Lunch- Chicken Caesar salad wrap, grapes and milk	Lunch- Hotdog baked beans with cucumbers and watermelon with milk	Lunch- Pasta salad with carrots and orange with milk	Lunch- Chicken Patty sandwich on pretzel bun potato wedges juice with milk	Lunch- French Bread Pizza, Salad, Pineapple and Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/3/26	8/4/26	8/5/26	8/6/26	8/7/26
Breakfast- Parfait fresh berries and homemade granola with milk	Breakfast- French toast scramble eggs and Juice with milk	Breakfast- Cereal with hard boiled egg and fruit choice with milk	Breakfast- Pancakes with hash browns and apple with milk	Breakfast- Bagel cream cheese oranges and milk
Lunch- Waffle chicken tender applesauce carrots milk	Lunch- Taquitos, refried beans, salsa, pears and milk	Lunch- Mac and cheese Fresh broccoli and Pears with milk	Lunch- Hamburger potato wedges and strawberries with milk	Lunch- Sandwich choices Ham or turkey with pickle wedge and peaches with milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/10/26	8/11/26	8/12/26	8/13/26	8/14/26
Breakfast- Biscuits & Gravy, Homestyle potatoes, turkey bacon fruit and milk	Breakfast- Waffles with sausage link diced potatoes with bell peppers and juice with milk	Breakfast- Smoothie with fresh fruit and cracker with milk	Breakfast- Breakfast pizza with pineapple with milk	Breakfast- Cinnamon roll, sausage, fruit and milk
Lunch- Chicken Caesar salad wrap, grapes and milk	Lunch- Hotdog baked beans with cucumbers and watermelon with milk	Lunch- Pasta salad with carrots and orange with milk	Lunch- Chicken Patty sandwich on pretzel bun potato wedges juice with milk	Lunch- French Bread Pizza, Salad, Pineapple and Milk

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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	$\frac{1}{2}$ cup $\frac{1}{2}$ cup (4 fl. oz.)	$\frac{3}{4}$ 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 $\frac{3}{4}$ cup or 1 oz. ⁶ $\frac{1}{2}$ cup $\frac{1}{2}$ cup	1 slice (.9 oz.) 1 serving $\frac{1}{2}$ cup $\frac{1}{2}$ 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. $\frac{1}{4}$ cup 1 large egg $\frac{1}{4}$ cup 2 Tbsp. 1 oz. $\frac{1}{2}$ cup (4 fl. oz.) 1 oz. total	2 oz. 2 oz. $\frac{1}{2}$ cup 1 large egg $\frac{1}{2}$ cup 4 Tbsp. 1 oz. = 50% 1 cup (8 fl. oz.) 2 oz. total