

# Boys & Girls Club Dinner Menu

October 2017

2

Cheese Pizza  
Garden Peas  
Diced Pears  
Low-Fat or Skim Milk

3

Fish Sticks  
Baby Carrots with  
Ranch Dressing  
Diced Peaches  
Low-Fat or Skim Milk

4

Mini Corn Dogs  
Baked Beans  
Mandarin Oranges  
Low-Fat or Skim Milk

5

Popcorn Chicken  
Breadstick  
Mashed Potatoes  
Applesauce  
Low-Fat or Skim Milk

6

**No School**  
**Eat Smart**  
to **Play Hard**



Eat fruits & veggies  
at meals & for snacks

9

**No School**



10

Cheeseburger  
Tossed Salad with  
Ranch Dressing  
Banana  
Low-Fat or Skim Milk

11

Hot Dog  
Baked Beans  
Mandarin Oranges  
Low-Fat or Skim Milk

12

Chicken Patty Sandwich  
Green Beans  
Diced Pears  
Low-Fat or Skim Milk

13

Turkey & Cheese  
Sandwich  
Baby Carrots with  
Ranch Dressing  
Mango Peach  
Applesauce  
Low-Fat or Skim Milk

16

Corn Dog  
Green Beans  
Diced Peaches  
Low-Fat or Skim Milk

17

Ham, Turkey & Cheese  
Sandwich  
Steamed Carrots  
Banana  
Low-Fat or Skim Milk

18

Chicken Tenders  
Breadstick  
Celery Sticks with  
Ranch Dressing  
Mandarin Oranges  
Low-Fat or Skim Milk

19

Fish Patty Melt  
Mashed Potatoes  
Diced Pears  
Low-Fat or Skim Milk

20

Salisbury Steak w/Gravy  
Sweet Corn  
Applesauce  
Low-Fat or Skim Milk

23

Chicken Patty Sandwich  
Steamed Broccoli  
Diced Peaches  
Low-Fat or Skim Milk

24

Turkey & Cheese  
Sandwich  
Garden Peas  
Banana  
Low-Fat or Skim Milk

25

Pepperoni Pizza  
Cucumber Slices  
With Ranch Dressing  
Pineapple Tidbits  
Low-Fat or Skim Milk

26

Cheeseburger  
Kickin' Pintos  
Diced Pears  
Low-Fat or Skim Milk

27

Hot Dog  
Green Beans w/Carrots  
Mixed Berry Applesauce  
Low-Fat or Skim Milk

30

Chicken Nuggets  
Breadstick  
Tossed Salad with  
Ranch Dressing  
Diced Pears  
Low-Fat or Skim Milk

31

Meatball Sub  
Green Beans  
Banana  
Low-Fat or Skim Milk

1

Max Snack Pizza Sticks  
With Marinara  
Sweet Corn  
Mandarin Oranges  
Low-Fat or Skim Milk

2

BBQ Pork Riblet  
Sandwich  
Steamed Carrots  
Diced Peaches  
Low-Fat or Skim Milk

3

Ham & Cheese  
Sandwich  
Baked Beans  
Applesauce  
Low-Fat or Skim Milk



## What Makes a Dinner Meal?

Your dinner consists of an entrée (grain + meat/meat alternative), vegetable, fruit, and you're choice of milk.

All items are required to be taken for a nutritious and balanced meal.