



# July Breakfast Summer Menu 2017

## East Valley Boys and Girls Club -



| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <p>3</p> <p>Golden Grahams<br/>Elf Grahams<br/>Whole Orange</p> <p>Choice of Milk</p>  | <p>4</p> <p>Holiday</p>   | <p>5</p> <p>Fruity Cheerios Cereal WG<br/>Strawberry Nutrigrain Bar WG<br/>100% Fruit Juice</p> <p>Choice of Milk</p> | <p>6</p> <p>Oatmeal Breakfast Bar WG</p> <p>Fresh Grapes</p> <p>Choice of Milk</p>  | <p>7</p> <p>Blueberry Muffin (HM) WG</p> <p>Fresh Peach</p> <p>Choice of Milk</p>       |
| <p>10</p> <p>Multi Grain Frosted Flakes WG<br/>Animal Crackers WG<br/>100% Fruit Juice</p> <p>Choice of Milk</p>             | <p>11</p> <p>Apple Frudel WG<br/>Pineapple Chunks</p> <p>Choice of Milk</p>       | <p>12</p> <p>Mini Strawberry Cream Cheese Bagel WG</p> <p>Fresh Watermelon Wedge</p> <p>Choice of Milk</p>            | <p>13</p> <p>String Cheese<br/>Cinnamon Toast Crunch Cereal Bar WG<br/>Fresh Orange Wedges</p> <p>Choice of Milk</p>                | <p>14</p> <p>Cinnaburst Bun (HM) WG</p> <p>Fresh Apple Wedges</p> <p>Choice of Milk</p> |
| <p>17</p> <p>Fruity Cheerios Cereal WG<br/>Strawberry Nutrigrain Bar WG<br/>100% Fruit Juice</p> <p>Choice of Milk</p>       | <p>18</p> <p>Cinnamania Crackers (WG)<br/>Diced Peaches</p> <p>Choice of Milk</p> | <p>19</p> <p>Oatmeal Breakfast Bar WG</p> <p>Fresh Nectarine</p> <p>Choice of Milk</p>                                | <p>20</p> <p>Applesauce Muffin (HM) WG</p> <p>Fresh Grapes</p> <p>Choice of Milk</p>  | <p>21</p> <p>Mini Cinis (WG)<br/>Fresh Apple Wedges</p> <p>Choice of Milk</p>           |
| <p>24</p> <p>Golden Grahams Cereal WG<br/>Animal Crackers WG<br/>100% Fruit Juice</p> <p>Choice of Milk</p>                  | <p>25</p> <p>Apple Frudel WG<br/>Applesauce</p> <p>Choice of Milk</p>             | <p>26</p> <p>Mini Strawberry Cream Cheese Bagel WG</p> <p>Fresh Peach</p> <p>Choice of Milk</p>                       | <p>27</p> <p>Team Cheerios Cereal Bar (WG)<br/>Despicable Me Graham Crackers (WG)<br/>Fresh Orange Wedges</p> <p>Choice of Milk</p> | <p>28</p> <p>Cinnaburst Bun (HM) WG<br/>Fresh Nectarine</p> <p>Choice of Milk</p>       |
| <p>31</p> <p>Cinnamon Toast Crunch Cereal WG<br/>Strawberry Nutrigrain Bar WG<br/>100% Fruit Juice</p> <p>Choice of Milk</p> |   |   |   |   |

Drinking Water is made available to youth at all times at drinking fountains located in this facility  
 \*\*Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.



# July Lunch Summer Menu 2017

## East Valley Boys and Girls Club -



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| 3<br>Turkey Sub Sandwich (WG)<br>Sub Roll<br>Baby Carrots<br>Whole Apple<br>Choice of Milk   | 4<br>HOLIDAY  | 5<br>Sausage Patty<br>Mini Pancakes<br>Roasted Potatoes<br>Pineapple Chunks<br>Choice of Milk                   | 6<br>Chicken Nuggets<br>(CN Label: Breeding)<br>Steamed Peas & Carrots<br>Fresh Cantaloupe Wedge<br>Choice of Milk | 7<br>Pepperoni or Cheese Pizza<br>(Pizza Crust)<br>Mixed Green Salad w/Cucumbers<br>Fresh Watermelon Slice<br>Choice of Milk              |
| 10<br>Cheeseburger<br>Hamburger Bun (WG)<br>BBQ Ranch Beans<br>Applesauce<br>Choice of Milk  | 11<br>Kickin' Chicken Drumstick<br>Dinner Roll (WG)<br>Fresh Cucumber Slices<br>Fresh Peach<br>Choice of Milk | 12<br>Chicken & Rice Burrito<br>(Tortilla WG)<br>Refried Beans<br>Fresh Apple Wedges<br>Choice of Milk          | 13<br>Chicken Alfredo<br>Pasta (WG)<br>Sweet Corn<br>Fresh Nectarine<br>Choice of Milk                             | 14<br>Buffalo Chicken Pizza or Cheese Pizza<br>(Pizza Crust)<br>Mixed Green Salad w/Cucumbers<br>Fresh Watermelon Wedge<br>Choice of Milk |
| 17<br>Spicy Chkn or Reg Chicken Sandwich<br>Hamburger Bun (WG)<br>Steamed Peas & Carrots<br>Fruit Cocktail<br>Choice of Fluid Milk | 18<br>Marinara Meat Sauce<br>Spaghetti Pasta (WG)<br>Fresh Broccoli<br>Fresh Grapes<br>Choice of Fluid Milk   | 19<br>BBQ Chicken Sandwich<br>Hamburger Bun (WG)<br>Corn Cobette<br>Fresh Orange Wedges<br>Choice of Fluid Milk | 20<br>Chicken Strips<br>(CN Label: Breeding)<br>Steamed Carrots<br>Fresh Watermelon Wedge<br>Choice of Fluid Milk  | 21<br>Pepperoni or Cheese Pizza<br>(Pizza Crust)<br>Mixed Green Salad w/Cucumbers<br>Pineapple Chunks<br>Choice of Fluid Milk             |
| 24<br>Beef & Cheese Nachos (HM)<br>Tortilla Chips (WG)<br>Refried Beans<br>Diced Peaches<br>Choice of Milk                         | 25<br>Chicken Corn Dog (CN)(WG)<br>(CN Label: Breeding)<br>Fresh Broccoli<br>Fresh Grapes<br>Choice of Milk   | 26<br>BBQ Chicken Drumstick<br>Dinner Roll (WG)<br>Baby Carrots<br>Fresh Watermelon Wedge<br>Choice of Milk     | 27<br>Cheeseburger<br>Hamburger Bun (WG)<br>BBQ Ranch Beans<br>Fresh Apple Wedges<br>Choice of Milk                | 28<br>Sausage Pizza or Cheese Pizza (HM)(WG)<br>(Pizza Crust)<br>Mixed Green Salad w/Cucumbers<br>Fresh Grapes<br>Choice of Milk          |
| 31<br>Popcorn Chicken<br>(CN Label: Breeding)<br>Steamed Peas<br>Pineapple Chunks<br>Choice of Milk                                |   |   |  |   |