



Boys and Girls Club of Door County-Meal Menu

Week of Jan 14	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK	Apple	Granola	Pineapple	WW Banana Muffin Square	Cheerios <i>1/2 day for Sturgeon Bay</i>
	String Cheese	Clementines and Craisins	WGR Pretzels	Grapes	1% Milk or 100% Apple Juice
DINNER/LUNCH	Breakfast for Dinner	Veggie Lasgana	Hot Ham and Swiss	NO Meal	NO Meal
Milk	1% Milk	1% Milk	1% Milk		
Meat/Meat Alternative	Scrambled Eggs	Cottage and Mozzarella Cheese	Ham/Swiss Cheese		
Fruit/Vegetable	Oven Roasted Potatoes w/ Bell Peppers	Salad (lettuce, carrots, green pepper)	Potato Salad		
Fruit/Vegetable	Orange Slices	Cauliflower	Green Beans		
Grain/Bread	WG Biscuit	WG Pasta	WG Bun		
EXTRA FOOD	Dessert: Cinnamon Roll	Marinara Sauce, Salad Dressing	Mayo, Mustard, Celery		

Meal serves on Monday, Tuesday, Wednesday at 5:00PM