



PRESCHOOL MENU

*BREAKFAST & LUNCH ALWAYS SERVED WITH WHOLE or 1% WHITE MILK

	Monday 10/19/26	Tuesday 10/20/26	Wednesday 10/21/26	Thursday 10/22/26	Friday 10/23/26
Breakfast	WG Cereal 100% Juice	WGR Pancake Bites Fresh Fruit	WGR Homemade Blueberry Muffin Applesauce	Yogurt Fresh Fruit	WG Cereal Fruit Cup
Lunch	WGR Chicken Nuggets Seasoned WGR Rice Glazed Carrots Cinnamon Applesauce	Swedish *Meatballs over Egg Noodles Seasoned Peas Chilled Peaches WGR Roll w/ Butter	WG Turkey Taco Nachos Shredded Cheddar & Salsa on the side Buttered Corn Pineapple Tidbits	WGR Pancakes Scrambled Eggs Smiley Fries Diced Pears	WGR Crispy Chicken Alfredo Pizza Roasted Broccoli Florets Mandarin Oranges
PM Snack	WG Cheez Its Cucumber Slices w/ Ranch	WG Teddy Grahams Whole Milk	Simply Chex Mix Snack Fresh Fruit	Ritz Bits String Cheese	WG/RF Doritos 100% Juice

WG = Whole Grain

*Turkey or Chicken Based Product

WGR = Whole Grain Rich

*Menu is subject to change *Menus may contain allergens

COMMON SUBSTITUTIONS:
LACTAID/LACTOSE FREE MILK



BOYS & GIRLS CLUB
OF GREATER WESTFIELD

AFTER SCHOOL MENU

*SUPPER ALWAYS SERVED WITH 1% WHITE MILK

	Monday 10/19/26	Tuesday 10/20/26	Wednesday 10/21/26	Thursday 10/22/26	Friday 10/23/26 Happy Birthday Koby!
	Supper WGR Mini *Corn Dogs Seasoned Basmati Rice Glazed Carrots Tropical Fruit	Swedish *Meatballs over Egg Noodles Seasoned Peas Chilled Peaches WGR Roll w/ Butter	WG Turkey Taco Nachos Shredded Cheddar, Sour Cream & Salsa on the side Southwestern Corn Pineapple Tidbits	WGR Pancakes Scrambled Eggs Smiley Fries Grapes	Koby's Birthday Request: WGR Crispy Chicken Alfredo Pizza Roasted Broccoli Florets Mandarin Oranges
	PM Snack WG Cheez It Fresh Fruit	WG Giant Cinnamon Goldfish 1% White Milk	WGR Homemade Blueberry Muffin Fresh Fruit	WG Pretzels w/ Peanut Butter (opt) Fresh Fruit	WG/RF Doritos 100% Juice

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COMMON SUBSTITUTIONS/ALTERNATES:

WGR PEANUT BUTTER & JELLY

WGR GRILLED CHEESE

STRING CHEESE (MEAT ALT)