



**BOYS & GIRLS CLUB**  
OF GREATER WESTFIELD

# PRESCHOOL MENU

\*BREAKFAST & LUNCH ALWAYS SERVED WITH 1% WHITE MILK

|  | Monday<br>10/27/25                                                                            | Tuesday<br>10/28/25                                    | Wednesday<br>10/29/25                                                                                               | Thursday<br>10/30/25                                                                  | Friday<br>10/31/25                                                       |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Breakfast                                                                         | WG Cereal<br>Applesauce                                                                       | WG Waffle & Chicken<br>Sausage Sandwich<br>Fresh Fruit | Trix Yogurt<br>Fruit Cup                                                                                            | WG Cereal<br>Fresh Fruit                                                              | WGR Rainbow Bagel w/<br>Cream Cheese<br>100% Juice                       |
| Lunch                                                                             | Diced Turkey Hot Dogs<br>French Fries<br>Buttered Corn<br>Chilled Pears<br>WGR Roll w/ Butter | WGR Cheese Pizza<br>Broccoli<br>Pineapple Tidbits      | WGR Chicken Nuggets<br>Mashed Potatoes<br>Mandarin Oranges<br>MA Fresh Taste Test:<br>Acorn & Butternut<br>Squashes | WGR Macaroni Goulash<br>Italian Green Beans<br>Diced Peaches<br>WGR Garlic Breadstick | WGR French Toast<br>Sticks<br>Scrambled Eggs<br>Tater Tots<br>Cut Grapes |
| PM Snack                                                                          | WG Giant Goldfish<br>1% White Milk                                                            | Simply Chex Mix<br>100% Juice                          | Ritz Bits<br>Fresh Fruit                                                                                            | WG Funyuns<br>Applesauce                                                              | WG Savory Wheat<br>Crackers<br>String Cheese                             |

WG = Whole Grain

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<br>10/27/25                                                 | Tuesday<br>10/28/25                                                                                            | Wednesday<br>10/29/25                                                                 | Thursday<br>10/30/25                                                                        | Friday<br>10/31/25                                                   |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Supper                                                                            | Turkey Hot Dog on a<br>WGR Bun<br>Veg Baked Beans<br>Chilled Pears | WGR Cheeseburger<br>Pizza<br>Seasoned Waffle Fries<br>Garden Salad w/<br>Italian Dressing<br>Pineapple Tidbits | WGR Chicken Nuggets<br>Mashed Potatoes<br>Buttery Dill Carrots<br>Cinnamon Applesauce | WGR Macaroni<br>Goulash<br>Italian Green Beans<br>Diced Peaches<br>WGR Garlic<br>Breadstick | WGR French Toast<br>Sticks<br>Scrambled Eggs<br>Tater Tots<br>Grapes |
| PM Snack                                                                          | WG Giant Goldfish<br>1% White Milk                                 | Smartfood Popcorn<br>100% Juice                                                                                | Ritz Bits<br>Fresh Fruit                                                              | WG Funyuns<br>Fresh Fruit                                                                   | WG Savory<br>Wheat Crackers<br>String Cheese                         |

WG = Whole Grain

WGR = Whole Grain Rich

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COMMON SUBSTITUTIONS/ALTERNATES:  
PEANUT BUTTER & JELLY  
STRING CHEESE (MEAT ALT)