



PRESCHOOL MENU

*BREAKFAST & LUNCH ALWAYS SERVED WITH 1% WHITE MILK

	Monday 10/6/25	Tuesday 10/7/25	Wednesday 10/8/25	Thursday 10/9/25	Friday 10/10/25
Breakfast	WG Cereal Fresh Fruit	WGR Waffle & Chicken Sausage Sandwich Applesauce	Mixed Berry Yogurt Parfait	WGR Homemade Pumpkin Muffin 100% Juice	WG Cereal Fruit Cup
Lunch	WGR Chicken Nuggets Mashed Potatoes Green Beans Cinnamon Applesauce	Turkey & Cheese Anytimer w/ WG Crackers Cucumbers w/ Ranch Cut Grapes	WG Chicken Quesadilla WGR Seasoned Rice Buttered Corn Pineapple Tidbits	WGR Grilled Ham & Cheese Broccoli Florets Mixed Fruit Chips	WGR Pancakes Turkey Sausage Patty String Cheese Smiley Fries Orange Wedges
PM Snack	WG Pretzel Goldfish String Cheese	WG Animal Crackers 1% White Milk	Ritz Bits Fresh Fruit	WG Sun Chips Bell Pepper Strips w/ Ranch	Simply Chex Snack Mix 100% Juice

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 10/6/25	Tuesday 10/7/25	Wednesday 10/8/25	Thursday 10/9/25	Friday 10/10/25
Supper	WGR Chicken Nuggets Mashed Potatoes Green Beans Cinnamon Applesauce	Turkey, Chicken Bacon & Cheese on a WGR Crown Roll Baby Carrots Grapes Chips	Turkey Hot Dog on a WGR Bun with Cheese & Veg Chili on the side Pineapple Tidbits	WGR Pepperoni Grilled Cheese Tomato Soup Buttered Corn Mixed Fruit Oyster Crackers	WGR Pancakes Turkey Sausage Patty String Cheese Smiley Fries Orange Wedges
PM Snack	WG Pretzel Goldfish String Cheese	WG Animal Crackers Fresh Fruit	Mixed Berry Yogurt Parfait	WGR Homemade Pumpkin Muffin Fresh Fruit	WG Chili Cheese Fantastix 100% Juice

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