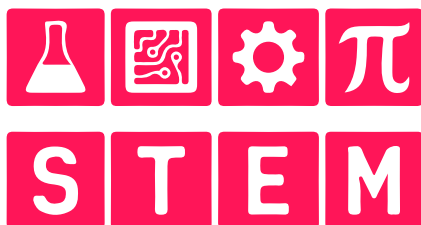




BOYS & GIRLS CLUB
OF MOULTRIE / COLQUITT COUNTY



NUTRITION FACT:

Try fruits as healthy sweet snacks and desserts and use fruit to top foods like cereal, yogurt, and pancakes instead of sugars, syrups, or other sweet toppings.

**A HAPPY HEART MAKES
A HAPPY BODY!**



JULY BREAKFAST MENU

7/1/21

WG Pancake Bites
w/Syrup, Diced Peaches,
Milk

7/2/21

Cinnamon Chex Cereal,
WG Chocolate Chip
Muffin, Diced Pears, Milk

7/6/21

Grilled Cheese Sandwich,
Diced Pineapples, Milk

7/7/21

WG Cinnamon Toast
Crunch Cereal, WG
Blueberry Muffin,
Mandarin Oranges, Milk

7/8/21

Sausage Biscuit w/Syrup,
Fresh Grapes, Milk

7/9/21

Chicken Biscuit w/Jelly,
Applesauce, Milk

7/12/21

Cinnamon Chex Cereal,
WG Banana Muffin, Fresh
Apples, Milk

7/13/21

WG French Toast Sticks
w/Syrup, Diced Peaches,
Milk

7/14/21

WG Breakfast Pizza, Diced
Pears, Milk

7/15/21

Cheerios, WG Chocolate
Chip Muffin, Diced
Pineapples, Milk

7/16/21

Sausage Gravy & Biscuit,
Mandarin Oranges, Milk

7/19/21

Pancake Bites w/Syrup,
Fresh Grapes, Milk

7/20/21

Cinnamon Toast Crunch
Cereal, WG Blueberry
Muffin, Applesauce, Milk

7/21/21

Sausage Pattie & Grits,
Toast w/Jelly, Fresh
Apples, Milk

7/22/21

Grilled Cheese Sandwich,
Tropical Fruit, Milk

7/23/21

Sausage Biscuit w/Jelly,
Diced Peaches, Milk

7/26/21

WG French Toast Sticks
w/Syrup, Diced Pears,
Milk

7/27/21

Cheerios Cereal, WG
Banana Muffin, Diced
Pineapples, Milk

7/28/21

WG Breakfast Pizza ,
Mandarin Oranges, Milk

7/29/21

WG Chicken w/Biscuit &
Jelly, Applesauce, Milk

7/30/21

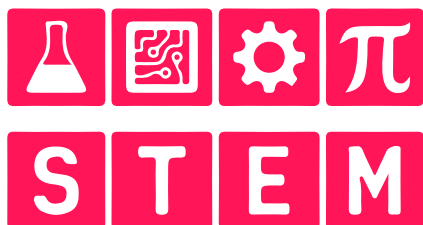
Cinnamon Toast Crunch
Cereal, WG Blueberry
Muffin, Fresh Grapes, Milk

**HAPPY
JULY!!**

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WWW.BGCMOULTRIE.ORG**



BOYS & GIRLS CLUB
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NUTRITION FACT:

Strawberries are considered a “pretend” berry because its seeds are on the outside instead of inside!

FIND BALANCE IN THE FOOD PYRAMID!



JULY LUNCH MENU

7/1/21

Breaded Chicken Sandwich, Green Beans, Diced Peaches, Milk

7/2/21

WG Pepperoni Pizza, Roll, Corn, Diced Pears, Milk

7/6/21

Turkey/Cheese Sandwich, Baby Carrots w/Ranch, Diced Pineapples, Milk

7/7/21

Cheeseburger w/Bun, Mixed Veggies, Mandarin Oranges, Milk

7/8/21

Ham/Cheese Sandwich, Pickle Spears, Fresh Grapes, Milk

7/9/21

Buffalo Wings w/Ranch & Celery Sticks, Roll, Applesauce, Milk

7/12/21

Sausage Link w/Bun, Pork & Beans, Fresh Apples, Milk

7/13/21

WG Corndog, Roll, Green Beans, Diced Peaches, Milk

7/14/21

Fried Chicken, Roll, Tomatoes & Rice, Diced Pears, Milk

7/15/21

WG Chicken Nuggets, Roll, Mixed Veggies, Diced Pineapples, Milk

7/16/21

Hotdog w/Bun, Baked Beans, Mandarin Oranges, Milk

7/19/21

Grilled Chicken Sandwich, Pickle Spears, Fresh Grapes, Milk

7/20/21

Cheeseburger w/Bun, Baby Carrots w/Ranch, Applesauce, Milk

7/21/21

Sloppy Joe w/Bun, Corn, Fresh Apples, Milk

7/22/21

WG Breaded Chicken Tenders, Roll, Green Beans, Tropical Fruit, Milk

7/23/21

PBJ Sandwich, Mixed Veggies, Diced Peaches, Milk

7/26/21

Ham/Cheese Sandwich, Pickle Spears, Diced Pears, Milk

7/27/21

Breaded Fish Bites, Roll, Coleslaw, Diced Pineapples, Milk

7/28/21

Baked Spaghetti w/Beef, Roll, Corn, Mandarin Oranges, Milk

7/29/21

Sausage Link w/Bun, Stewed Tomatoes, Applesauce, Milk

7/30/21

Turkey/Cheese Sub w/Lettuce, Tomatoes, Ranch, Fresh Grapes, Milk

**HAPPY
JULY!!**

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