

Boys and Girls Club of  
Broward County  
2019-2020

**Menu**

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Milk</b> Ages 6-18: eight oz.	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages 6-18: 2 oz.	BBQ Chicken Drum stick 2oz	*Spaghetti and meatballs (meat sauce)	*Ropa Vieja	*Breaded Fish 2 M/MA CN Ketchup	*Roast Chicken	*Pizza Pocket
	<b>Vegetable</b> Ages 6-18: ½ c (Double portion for salads)	Crisp Steamed Broccoli(½ c.)	Green Peas & Carrots	Black Beans (½ c.)	Mixed Vegetables (½ c.)	Green Beans (½ c.)	Corn (½ c.)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Roasted Sweet Potatoes (¼ c.) Frozen or fresh not canned	Applesauce (¼ c.)	Sweet Plantains	Mandarin Oranges (¼ c.)	Fresh Apple	(½ c.) Fruit cup
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ½ c	(1 oz.) 100% Whole grain Bread  <i>Butter or marg.</i>	Pasta (½ c.) In Entrée	Brown Rice (WG)	(Soft Roll (WGR) 1 each	Black Beans & 100% Brown Rice (WR)	Hot Dog Bun (1 oz.)  Mustard & Ketchup
<b>SNACK</b>	<b>Milk</b> Ages 6-18: eight oz.		1% Low Fat Milk		1% Low-Fat Milk	1% Low Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages: 6-18: 1 oz.			Yogurt Flavored 4oz		Cheese Dip	
	<b>Vegetable</b> Ages 6-18: ¾ c						
	<b>Fruit/Juice</b> Ages 6-18: ¾ c	100% Grape Juice		Banana			
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ¾ c	WGR Cheese Crackers (1oz)	(2 oz.) WG Blueberry Muffin		(2 oz) WG Apple Muffin	100% Whole Wheat Tortilla	WGR Gold fish (1oz)

Comments: **Milk-60% Flavored; 40% Not Flavored**

**\*CN labels are kept on file for Meals that require Standardized Recipes**

Boys and Girls Club  
Broward 2019-2020  
**Cycle Menu B General**

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Milk</b> Ages 6-18: eight oz.	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages 6-18: 2 oz.	*Chicken Nuggets (Ketchup/Honey Mustard)	Oven Fried Chicken w/Gravy	*Salisbury Steak  Gravy	*TACOS (Chicken or Beef)	*Hamburger Cheese Slice each	*Whole Grain Beef and Bean Burrito
	<b>Vegetable</b> Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (½ c.)	Crisp Steamed Broccoli (½ c.)	Green Beans	Corn (½ c.)	Tater Tots	Zucchini (¼ c.)
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ c	Oven Baked Sweet Potato Fries (1 c.)	Applesauce (¼ c.)	Seasonal Fresh Fruit (¼ c.) (cantaloupe, honeydew, strawberries, or watermelon)	Tropical Mixed Fruit	Zucchini (¼ c.)	Fruit Cocktail (1/2 cup)
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ½ c	Whole Grain from the breaded nuggets	Brown Rice	Macaroni & Cheese (½ c.)	Brown Rice (WG)	(2 oz.) Whole Grain Bun Ketchup	Yellow Rice (WG)
			Barbecue Sauce 1 pkt. each		Tortilla		
<b>SNACK</b>	<b>Milk</b> Ages 6-18: eight oz.		1% Low-Fat Milk			% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages 6-18: 1 oz	Cheese Stick					
	<b>Vegetable</b> Ages 6-18: ¾ c						
	<b>Fruit/Juice</b> Ages 6-18: ¾ c			Fresh Apple	6 oz. 100% Orange Juice		
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ¾ c	WGR Peanut Butter Crackers (1oz)	(2 oz.) Whole Grain Blueberry Muffin -	Whole Wheat Graham Crackers (1oz)	Whole Grain Zucchini Muffin (2 oz.)	Whole Grain Apple Cinnamon Muffin (2 oz.)	Whole Grain Banana Muffin (2oz)

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Boys and Girls  
Club Broward  
**Cycle Menu B General**

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Milk</b> Ages 6-18: eight oz.	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages 6-18: 2 oz.	*Bean Burrito	*Cuban Beef Stew w/ Potatoes cooked in tomato sauce	Barbecue Pulled Chicken  BBQ Sauce	BBQ Chicken Drum Stick (2oz)  (	*Pizza	*Spaghetti & Meat Sauce
	<b>Vegetable</b> Ages 6-18: ½ c (Double portion for salads)	Steamed Baby Carrots (fresh/frozen, not canned) (½ c.)	Yucca w/Mojo	Green Beans(½c)	Baked Beans (½ c.)	Mixed Vegetables (½ c.)	Seasoned Green Beans (½ c.)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Crisp Steamed Broccoli (¼ c.)	Sweet Green Peas (fresh/ frozen, not canned)	Fresh Apple slices	Oven Fried Sweet Potato Fries (1/2 c)	Pears (¼ c.)	Fresh Apple (½ c.)
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ½ c	Tortilla	Yellow (Brown) Rice (WG)	Whole wheat hamburger bun	WG Garlic Bread	Breading from Pizza Crust	Pasta from spaghetti
<b>SNACK</b>	<b>Milk</b> Ages 6-18: eight oz.			1% Low-Fat Milk			1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages: 6-18: 1 oz.				Yogurt Flavored 4oz	Cheese Stick (1 oz.) 1 each	
	<b>Vegetable</b> Ages 6-18: ¾ c						
	<b>Fruit/Juice</b> Ages 6-18: ¾ c	Applesauce	100% Grape Juice				
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Corn Muffin (2oz)	Whole Grain Zucchini Muffin (2 oz.)	Frosted Mini Wheat Cereal	WGR Honey Graham (1oz)	WGR Crackers (1oz)	WGR (1 oz.) Original Sun Chips

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**Boys and Girls Club Broward  
Cycle Menu B General**

Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Milk</b> Ages 6-18: eight oz.	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages 6-18: 2 oz.	Roast Chicken	*Jerk Chicken (mild)	*Francassee de Pollo	*Lasagna with ground beef	Cheeseburger Hamburger P Cheese Slice each Pickle (¼ c.)	*Meat Ravioli in meat sauce
	<b>Vegetable</b> Ages 6-18: ½ c (Double portion for salads)	Seasoned Green Peas (½ c.)	Crisp Steamed Broccoli (½C)	Steamed Baby Carrots (½ c.)	Crisp Steamed Broccoli (½ c.)	Zucchini (½ c.)	Mandarin Oranges (¼ c.)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Sliced Carrots (fresh/frozen not canned)	Seasonal Fresh Fruit	Red Beans ½ c	Fresh Clementine Wedges	Pears (¼ c.)	
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ½ c	Black Beans & 100% WG Brown Rice	Jamaican Pigeon Peas & Brown Rice (WG)	Brown Rice (WG)	Lasagna Noodles	(2 oz.) Whole Grain Bun 1 pkt. Each Mustard, Ketchup	WG Soft Roll (1 each)
					WG Garlic Bread		1 pkt. Tarter Sauce
<b>SNACK</b>	<b>Milk</b> Ages 6-18: eight oz.		1% Low-Fat Milk	1% Low-Fat Milk			1% Low Fat Milk
	<b>Meat/Meat Alternate</b> Ages: 6-18: 1 oz.			Cheese Dip	Yogurt Flavored 4 oz. cup		
	<b>Vegetable</b> Ages 6-18: ¾ c						
	<b>Fruit/Juice</b> Ages 6-18: ¾ c	100% Grape Juice				Seasonal Fresh Fruit	
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ¾ c	WGR Cheese Butter Crackers (2oz)	Whole Grain Corn Muffin (2oz)	100% Whole Wheat Tortilla (2oz)	Whole Grain Blueberry Muffin (2oz)	WGR Fish Crackers (1oz)	Frosted Mini Wheat Cereal (

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Cycle Menu B General**

Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Milk</b> Ages 6-18: eight oz.	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages 6-18: 2 oz.	Seasoned Black Beans	*Chicken Breaded (on a bun)	*Jerk Chicken (mild)	*Pizza	*Cuban Beef Stew w/ Potatoes cooked in tomato sauce	Hamburger Patty with Cheese, Lettuce, Tomato, Pickle <b>Mustard &amp; Ketchup</b>
	<b>Vegetable</b> Ages 6-18: ½ c (Double portion for salads)	Glazed Carrots (½ c.)	Mixed Vegetables (½ c.)	Crisp Steamed Broccoli (½ c.)	Mixed Vegetables (½ c.)	Yucca w/Mojo	Broccoli (½ c.)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Sweet Plantains	Seasonal Fresh Fruit (¼ c.) (cantaloupe, honeydew, strawberries, or watermelon)	Fresh Orange Wedges (¼ c.)	Pears (¼ c.)	Sweet Green Peas (fresh/ frozen, not canned)	Steamed Carrots(¼ c.)
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ½ c	Yellow (Brown Rice)	(1oz) Whole Wheat Bun 1 pkt. Mayo	Jamaican Pigeon Peas & Brown Rice	Breading from Pizza Crust	Yellow (Brown) Rice (WG)	Whole Grain Bun (1 oz.) 1 each
<b>SNACK</b>	<b>Milk</b> Ages 6-18: eight oz.			1% Low Fat Milk		1% Low-Fat Milk	1% Low-Fat Milk
	<b>Meat/Meat Alternate</b> Ages: 6-18: 1 oz.		Yogurt Flavored 4 oz. cup				
	<b>Vegetable</b> Ages 6-18: ¾ c						
	<b>Fruit/Juice</b> Ages 6-18: ¾ c	100% Apple Juice			Seasonal Fresh Fruit		
	<b>Grains/Breads</b> Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Zucchini Muffin (2 oz)	WGR Graham Crackers (1oz)	WGR Animal Crackers (1oz)	WG Original Sun Chips (1 oz.)	Whole Grain Blueberry Muffin (2oz)	WGR Pretzels (2 oz.)

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