


Boys & Girls Clubs of Edinburg does not discriminate based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity.

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|
| Milk 8oz= one serving Meat 2oz= one serving Fruit 1/4 cup= one serving Vegetable 1/2 cup= one serving Grains 1oz =one serving | 8 oz.= 1 cup 6 oz.=3/4 cup 4 oz.=1/2 cup 2 oz = 1/4 cup |  | | |
| 3 GB-Cereal (W) (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Potato Wedges (1/4c) 1% Milk (1c) | 4 GB-Muffin (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Corn Dog Minis (2.0oz meat, 2oz bread (W)) Apple Sauce (1/2c) Corn (1/2c) 1% Milk (1c) | | 5 GB- Sausage and Pancake (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup Pizza Pepperoni (2oz meat, 2oz bread (W)) Apple (1/2c) Green Beans (1/2c) 1% Milk (1c) | 6 GB- Pigs in a Blanket (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Chicken Nuggets (2oz) 1 slice bread (1oz) (W) Orange (1/2c) Corn (1/2c) 1% Milk (1c) |
| 10 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Potato Wedges (1/4c) 1% Milk (1c) | 11 GB-Muffin (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Corn Dog Minis (2.0oz meat, 2oz bread (W)) Apple Sauce (1/2c) Corn (1/2c) 1% Milk (1c) | 12 GB- Sausage and Pancake (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup Pizza Pepperoni (2oz meat, 2oz bread (W)) Apple (1/2c) Green Beans (1/2c) 1% Milk (1c) | 13 GB- Pigs in a Blanket (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Chicken Nuggets (2oz) 1 slice bread (1oz) (W) Orange (1/2c) Corn (1/2c) 1% Milk (1c) | 14 GB-Breakfast Pizza (3.31oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Apple Sauce (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick |
| 17 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Potato Wedges (1/4c) 1% Milk (1c) | 18 GB-Muffin (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Corn Dog Minis (2.0oz meat, 2oz bread (W)) Apple Sauce (1/2c) Corn (1/2c) 1% Milk (1c) | 19 GB- Sausage and Pancake (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup Pizza Pepperoni (2oz meat, 2oz bread (W)) Apple (1/2c) Green Beans (1/2c) 1% Milk (1c) | 20 GB- Pigs in a Blanket (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Chicken Nuggets (2oz) 1 slice bread (1oz) (W) Orange (1/2c) Corn (1/2c) 1% Milk (1c) | 21 GB-Breakfast Pizza (3.31oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Apple Sauce (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick |
| 24 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Potato Wedges (1/4c) 1% Milk (1c) | 25 GB-Muffin (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Corn Dog Minis (2.0oz meat, 2oz bread (W)) Apple Sauce (1/2c) Corn (1/2c) 1% Milk (1c) | 26 GB- Sausage and Pancake (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup Pizza Pepperoni (2oz meat, 2oz bread (W)) Apple (1/2c) Green Beans (1/2c) 1% Milk (1c) | 27 GB- Pigs in a Blanket (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Chicken Nuggets (2oz) 1 slice bread (1oz) (W) Orange (1/2c) Corn (1/2c) 1% Milk (1c) | 28 GB-Breakfast Pizza (3.31oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Apple Sauce (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick |