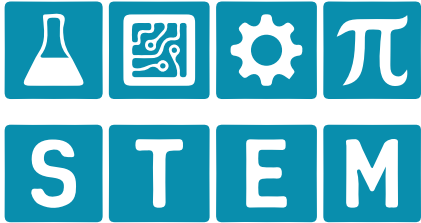




**BOYS & GIRLS CLUB**  
OF MOULTRIE / COLQUITT COUNTY



**NUTRITION FACT:**

Calcium is crucial for growth!  
Find it in green vegetables,  
soybeans, almonds, dried figs,  
and more!

**FIND THE BALANCE  
OF GREAT NUTRITION!**



# JUNE BREAKFAST MENU

**6/1/21**

Grilled Cheese Sandwich,  
Diced Pineapples, Milk

**6/2/21**

WG Cinnamon Toast  
Crunch Cereal, WG  
Blueberry Muffin, Mixed  
Fruit, Milk

**6/3/21**

Sausage Biscuit w/Syrup,  
Diced Peaches, Milk

**6/4/21**

Cinnamon Chex Cereal,  
WG Banana Muffin,  
Tropical Fruit, Milk

**6/7/21**

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

**6/8/21**

Boiled Egg, WG Chocolate  
Chip Muffin, Mandarin  
Oranges, Milk

**6/9/21**

WG Breakfast Pizza,  
Mixed Fruit, Milk

**6/10/21**

Cheerios Cereal, WG  
Blueberry Muffin, Diced  
Peaches, Milk

**6/11/21**

Biscuit w/Sausage Gravy,  
Tater Tots, Applesauce,  
Milk

**6/14/21**

Pancake Stick w/Syrup,  
Mixed Fruit, Milk

**6/15/21**

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

**6/16/21**

Sausage Pattie, Toast  
w/Jelly, Applesauce, Milk

**6/17/21**

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

**6/18/21**

Grilled Cheese  
Sand-wich, Diced Pears,  
Milk

**6/21/21**

Sausage Biscuits w/Jelly,  
Mandarin Oranges, Milk

**6/22/21**

French Toast Sticks  
w/Syrup, Diced Pears,  
Milk

**6/23/21**

Grits & Eggs Bowl, Toast  
w/Jelly, Diced Peaches,  
Milk

**6/24/21**

WG Cheerios Cereal, WG  
Blueberry Muffin, Diced  
Pears, Milk

**6/25/21**

WG Breakfast Pizza,  
Mixed Fruit, Milk

**6/28/21**

Biscuit w/Sausage Gravy,  
Applesauce, Milk

**6/29/21**

Chicken Biscuit w/Jelly,  
Diced Peaches, Milk

**6/30/21**

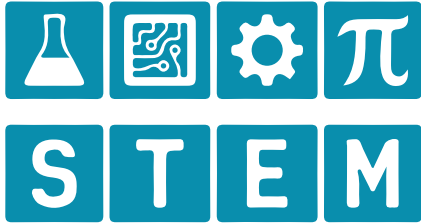
WG Cinnamon Toast  
Crunch Cereal, WG  
Banana Muffin, Mandarin  
Oranges, Milk

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[WWW.BGCMOULTRIE.ORG](http://WWW.BGCMOULTRIE.ORG)**



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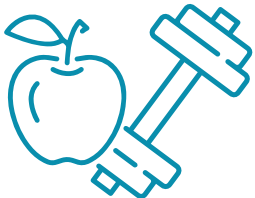
# JUNE LUNCH MENU



## NUTRITION FACT:

Oranges are great source of vitamins which promote healthy skin and sharp vision.

**EAT RIGHT  
LIVE STRONG!**



**6/1/21**

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

**6/2/21**

Cheeseburger w/Bun,  
Mixed Veggies, Mixed  
Fruit, Milk

**6/3/21**

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

**6/4/21**

Sausage Link, w/Bun,  
Corn, Tropical Fruit, Milk

**6/7/21**

Corndog, Roll, Green  
Beans, Diced Pears, Milk

**6/8/21**

WG Chicken Nuggets,  
Roll, Mixed Veggies,  
Mandarin Oranges, Milk

**6/9/21**

Hotdog w/bun, Pork &  
Beans, Mixed Fruit, Milk

**6/10/21**

WG Pizza, Roll, Corn,  
Diced Peaches, Milk

**6/11/21**

Grilled Chicken Sand-  
wich, Pickle Spear,  
Applesauce, Milk

**6/14/21**

Breaded Fish Nuggets,  
Mixed Veggies, Mixed  
Fruit, Milk

**6/15/21**

PBJ Sandwich, Baby  
Carrots w/Ranch, Manda-  
rin Oranges, Milk

**6/16/21**

Baked Pork Chop, Roll,  
Green Beans, Applesauce,  
Milk

**6/17/21**

Bean & Cheese Burrito,  
Roll, Corn, Diced Peaches,  
Milk

**6/18/21**

Pancakes, Sausage, Tater  
Tots, Diced Pears, Milk

**6/21/21**

Hamburger w/Bun, Pork  
& Beans, Mandarin  
Oranges, Milk

**6/22/21**

Turkey/Cheese Sandwich,  
Celery Sticks w/Ranch,  
Diced Pears, Milk

**6/23/21**

WG Chicken Nuggets,  
Roll, Green Beans, Diced  
Peaches, Milk

**6/24/21**

Sausage Link w/Bun  
Corn, Diced Pears, Milk

**6/25/21**

Chicken Salad, WG  
Crackers, Pickle Spears,  
Mixed Fruit, Milk

**6/28/21**

Hotdog w/Bun, Carrots  
w/Ranch, Applesauce,  
Milk

**6/29/21**

Corndog, Roll, Mixed  
Veggies, Diced Peaches,  
Milk

**6/30/21**

Ham/Cheese Sandwich,  
Pickle Spears, Mandarin  
Oranges, Milk

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