

SEPTEMBER 2021

MetroWest YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Breakfast/Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

ELC Closed!

6

Breakfast: WG Cheerios & peaches
Lunch: Chicken broccoli alfredo with pear slices

7

Breakfast: WG pancakes, syrup & tropical fruit
Lunch: Cheese quesadilla on WG tortilla, sautéed peppers, orange slices

8

Breakfast: WG Kix & banana
Lunch: Mini egg quiches with bell pepper, strawberries, and WG blueberry muffin

9

Breakfast: WG Bagel, cream cheese & applesauce
Lunch: Chicken nuggets, WG dinner roll, corn & apple slices

10

Breakfast: WG Chex & pineapple
Lunch: Turkey & cheese sandwich on WG bread, cucumber slices, banana

13

Breakfast: WG Cheerios & peaches
Lunch: Butternut squash mac n' cheese with WG macaroni and apple

14

Breakfast: WG waffle, syrup & tropical fruit
Lunch: Brown rice & baked chicken with steamed broccoli & orange slices

15

Breakfast: WG Kix & banana
Lunch: Strawberry yogurt, mixed berries, WG wheat thins, cheese cubes & pepper slices

16

Breakfast: WG Bagel, cream cheese & applesauce
Lunch: Burger on WG bun, steamed carrots & apple slices

17

Breakfast: WG Chex & pineapple
Lunch: Ham & cheese on WG bun, baby carrots, clementine

20

Breakfast: WG Cheerios & peaches
Lunch: WG rotini, turkey meatballs, steamed zucchini & pear slices

21

Breakfast: WG French toast, syrup & tropical fruit
Lunch: Black beans & brown rice, lettuce, cheese with salsa on the side & cantaloupe

22

Breakfast: WG Kix & banana
Lunch: WG Tostito's chips with salsa, cheese stick, cucumbers with hummus & clementine

23

Breakfast: WG Bagel, cream cheese & applesauce
Lunch: WG flatbread pizza, pepper & apple slices

24

Breakfast: WG Chex & pineapple
Lunch: Deli combo sandwich on WG bread, cucumber slices & apple

27

Breakfast: WG Cheerios & peaches
Lunch: Chicken broccoli alfredo with pear slices

28

Breakfast: WG pancakes, syrup & tropical fruit
Lunch: Cheese quesadilla on WG tortilla, sautéed peppers, orange slices

29

Breakfast: WG Kix & banana
Lunch: Mini egg quiches with bell pepper, strawberries, and WG blueberry muffin

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The USDA is an equal opportunity provider.

Water and low-fat milk are offered at every meal

Menu is subject to change based on availability.

With questions or allergy concerns, please contact Maggie Lynch, Director of Nutrition Services at maggielynch@metrowestymca.org

