



BOYS & GIRLS CLUBS
OF LOWER BERGEN COUNTY

Before Care Menu
September

Monday	Tuesday	Wednesday	Thursday	Friday
Cheerios	Corn flakes	Cinnamon toast	Raisin bran	Cheerios
Milk & peaches Cup	Milk & mix fruit Cup	Milk & pears Cup	Milk & pineapple Cup	Milk & peaches Cup

Please be informed that if the member has allergies or prefers other options please provide them with an alternative one.