

# GREAT FUTURES START **HERE.**



**BOYS & GIRLS CLUB  
OF WATERTOWN**

**August 2017**

**Arrow Prep**

**Breakfast**

|                                    |  |                                    |                                     |                                    |
|------------------------------------|--|------------------------------------|-------------------------------------|------------------------------------|
|                                    | 1<br>Turnover<br>Fruit<br>Milk             | 2<br>Cold Cereal<br>Fruit<br>Milk  | 3<br>Bagel<br>Fruit<br>Milk         | 4<br>Cold Cereal<br>Fruit<br>Milk  |
| 7<br>Cold Cereal<br>Fruit<br>Milk  | 8<br>Pancake Sausage Wrap<br>Fruit<br>Milk | 9<br>Cold Cereal<br>Fruit<br>Milk  | 9<br>Cook's Choice<br>Fruit<br>Milk | 11<br>Cold Cereal<br>Fruit<br>Milk |
| 14<br>Cold Cereal<br>Fruit<br>Milk | 15<br>Cold Cereal<br>Fruit<br>Milk         | 16<br>Cold Cereal<br>Fruit<br>Milk | 17<br>Muffin<br>Fruit<br>Milk       | 18<br>Cold Cereal<br>Fruit<br>Milk |
| 21<br>Cold Cereal<br>Fruit<br>Milk | 22<br>Poptarts<br>Fruit<br>Milk            | 23<br>Cold Cereal<br>Fruit<br>Milk | 24<br>Pancakes<br>Fruit<br>Milk     | 25<br>Cold Cereal<br>Fruit<br>Milk |
| 28<br>Cold Cereal<br>Fruit<br>Milk | 29<br>Turnover<br>Fruit<br>Milk            | 30<br>Cold Cereal<br>Fruit<br>Milk | 31<br>Bagel<br>Fruit<br>Milk        |                                    |