



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

JULY 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast- Cherrios Cereal Applesauce 1% Milk Lunch- Breaded Chicken Pattie Fresh Broccoli Fruit Cocktail 1% Milk Snack- Ritz Crackers 1% Milk	2 Breakfast- Waffles Mandarin Oranges 1% Milk Lunch- Hamburger on a Bun Lettuce Pineapple Tidbits 1% Milk Snack- Animal Crackers 1% Milk	3 Breakfast- Breakfast Burrito Fruit Cocktail 1% Milk Lunch- Chicken Quesadilla Baby Carrots Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	4 CLOSED HAPPY 4TH OF JULY!!
7 Breakfast- French Toast Sticks Applesauce 1% Milk Lunch- Chicken Taco Tortilla Shell Lettuce Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk	8 Breakfast- Kix Cereal Diced Peaches 1% Milk Lunch- Stuffed Mozzarella Breadsticks Pineapple Tidbits 1% Milk Snack -Tiger Bites 1% Milk	9 Breakfast- Muffin Fruit Cocktail 1% Milk Lunch- Chicken Nuggets Fresh Broccoli Diced Peaches 1% Milk Snack- Cheese Slices Saltines Water	10 Breakfast- English Muffin Diced Pears 1% Milk Lunch- Turkey Corndogs Lettuce Applesauce 1% Milk Snack- WG Bagel 1% Milk	11 Breakfast- Life Cereal Pineapple Tidbits 1% Milk Lunch- Grilled Chicken on a Bun Baby Carrots Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk
14 Breakfast- Cheese Omelet Diced Pears 1% Milk Lunch- BBQ on a Bun Lettuce Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	15 Breakfast- Corn Chex Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun Fresh Broccoli Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk	16 Breakfast- Pancake Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Baby Carrots Diced Pears 1% Milk Snack- String cheese Saltines Water	17 Breakfast- Bagels Pineapple Tidbits 1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	18 Breakfast- Rice Chex Cereal Diced Peaches 1% Milk Lunch- Turkey & Cheese on a Bun Fresh Broccoli Fruit Cocktail 1% Milk Snack- Ritz Crackers 1% Milk
21 Breakfast- French Toast Diced Pears 1% Milk Lunch- Breaded Chicken Pattie Baby Carrots Fruit Cocktail 1% Milk Snack- Sliced Cheese Saltines Water	22 Breakfast- Life Cereal Diced Peaches 1% Milk Lunch- Cheese French Bread Pizza Fresh Broccoli Pineapple Tidbits 1% Milk Snack- Giant Goldfish Grahams 1% Milk	23 Breakfast- Biscuits Applesauce 1% Milk Lunch- Chicken Drummies Lettuce Diced Pears 1% Milk Snack- Cheese Its 1% Milk	24 Breakfast- English Muffins Pineapple Tidbits 1% Milk Lunch- Bean Burrito Fresh Broccoli Diced Peaches 1% Milk Snack- Tortilla Chips & Salsa 1% Milk	25 Breakfast- Cheerios Cereal Fruit Cocktail 1% Milk Lunch- Cheese Quesadilla Baby Carrots Applesauce 1% Milk Snack- Chex Mix 1% Milk
28 Breakfast- Waffles Diced Pears 1% Milk Lunch- Hamburgers on a Bun Lettuce Pineapple Tidbits 1% Milk Snack- Animal Crackers 1% Milk	29 Breakfast- Kix Cereal Applesauce 1% Milk Lunch- Chicken Quesadilla Baby Carrots Diced Peaches 1% Milk Snack- Mini Pretzels 1% Milk	30 Breakfast- Breakfast Burrito Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Fresh Broccoli Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk	31 Breakfast- Toast Diced Peaches 1% Milk Lunch- Cheese Pizza Baby Carrots Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk	Menu Subject to Change