



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

JULY 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change		1 Breakfast- Rice Chex Cereal Applesauce 1% Milk Lunch- Chicken Drumsticks Lettuce Diced Pears 1% Milk Snack- Cheese Its 1% Milk	2 Breakfast- Cheerios Cereal Pineapple Tidbits 1% Milk Lunch- Bean Burrito Fresh Broccoli Diced Peaches 1% Milk Snack- Chex Mix 1% Milk	3 CLOSED Have a Great 4th of July!!
	6 Breakfast- Life Cereal Diced Pears 1% Milk Lunch- Hamburgers on a Bun Lettuce Pineapple Tidbits 1% Milk Snack- Animal Crackers 1% Milk	7 Breakfast- Kix Cereal Applesauce 1% Milk Lunch- Pizza Quesadilla Baby Carrots Diced Peaches 1% Milk Snack - Mini Pretzel 1% Milk	8 Breakfast- Cheese Omelet Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Fresh Broccoli Fruit Mix 1% Milk Snack- Wheat Crackers 1% Milk	9 Breakfast- Toast Diced Peaches 1% Milk Lunch- Cheese Pizza Baby Carrots Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk
13 Breakfast- Cheerios Cereal Diced Peaches 1% Milk Lunch- Cheese French Bread pizza Lettuce Pineapple Tidbits 1% Milk Snack- Vegetable Crackers 1% Milk	14 Breakfast- Rice Chex Cereal Fruit Mix 1% Milk Lunch- Turkey & Cheese on a Bun Baby Carrots Diced Pears 1% Milk Snack- Giant Goldfish Grahams 1% Milk	15 Breakfast- Bagel/Jelly Pineapple Tidbits 1% Milk Lunch- Stuffed Mozzarella Breadsticks w/Pizza Sauce Fresh Broccoli Applesauce 1% Milk Snack- String Cheese Saltine Crackers Water	16 Breakfast- Pancakes Diced Pears 1% Milk Lunch- Hot Dogs on a Bun Lettuce Diced Peaches 1% Milk Snack- Club Crackers 1% Milk	17 Breakfast- Life Cereal Applesauce 1% Milk Lunch- Grilled Chicken on a Bun Baby Carrots Fruit Mix 1% Milk Snack- Ritz Crackers 1% Milk
20 Breakfast- Kix Cereal Banana 1% Milk Lunch- Bean Burrito Fresh Broccoli Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk	21 Breakfast- Cheerios Cereal Fruit Mix1% Milk Lunch- Hot Ham & Cheese on a Bun Lettuce Applesauce 1% Milk Snack- Chex Mix 1% Milk	22 Breakfast- Toast Pineapple Tidbits 1% Milk Lunch- Pizza Quesadilla Baby Carrots Diced Peaches1% Milk Snack- Graham Crackers 1% Milk	23 Breakfast- French Toast Applesauce 1% Milk Lunch- Chicken Drumsticks Fresh Broccoli Fruit Mix 1% Milk Snack- Bagel w/Jelly 1% Milk	24 Breakfast- Rice Chex Cereal Mandarin Oranges 1% Milk Lunch- BBQ on a Bun Lettuce Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk
27 Breakfast- Biscuits Diced Peaches 1% Milk Lunch- Cheese Pizza Baby Carrots Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk	28 Breakfast- Corn Chex Cereal Applesauce 1% Milk Lunch- Breaded Chicken Pattie Fresh Broccoli Fruit Mix 1% Milk Snack- Animal Crackers 1% Milk	29 Breakfast- Waffles Mandarin Oranges 1% Milk Lunch- Nachos Tortilla Chips Lettuce Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk	30 Breakfast- Life Cereal Fruit Mix 1% Milk Lunch- Pizza Quesadilla Baby Carrots Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	31 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Hamburger on a Bun Fresh Broccoli Diced Peaches 1% Milk Snack- WG Tortilla Chips & Salsa 1% Milk