



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

JULY 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast-Rice Chex Cereal Diced Pears 1% Milk Lunch-Chicken Chimichanga Baby Carrots Pineapple Tidbits 1% Milk Snack- Graham Crackers 1% Milk</p>	<p>2 Breakfast- Biscuits Applesauce 1% Milk Lunch- Cheese Pizza Lettuce Diced Peaches 1% Milk Snack- Mini Pretzel 1% Milk</p>	<p>3 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Fresh Broccoli Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk</p>	<p>4 CLOSED Have a safe and fun 4th of July!!</p>	<p>5 Breakfast- Cherrios Fruit Cocktail 1% Milk Lunch- Hamburger on a Bun Baby Carrots Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk</p>
<p>8 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch- Turkey & Cheese on a Bun Fresh Broccoli Diced Pears 1% Milk Snack-Tortilla Chips & Salsa 1% Milk</p>	<p>9 Breakfast- French Toast Diced Peaches 1% Milk Lunch- Tuna Sandwich on a Bun Lettuce Fruit Cocktail 1% Milk Snack- Giant Goldfish Grahams 1% Milk</p>	<p>10 Breakfast- Cheerios Pineapple Tidbits 1% Milk Lunch-Mozzarella Stuffed Breadsticks w/pizza sauce Baby Carrots Applesauce 1% Milk Snack- String Cheese Saltine Crackers Water</p>	<p>11 Breakfast- Waffle Diced Pears 1% Milk Lunch- Chicken Nuggets Fresh Broccoli Diced Peaches 1% Milk Snack- Club Crackers 1% Milk</p>	<p>12 Breakfast-Life Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun Lettuce Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>
<p>15 Breakfast- Cherrios Banana 1% Milk Lunch- Bean Burrito Lettuce Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk</p>	<p>16 Breakfast- Pancakes Fruit Cocktail 1% Milk Lunch-Hot Ham & Cheese on a Bun Baby Carrots Applesauce 1% Milk Snack- Chex Mix 1% Milk</p>	<p>17 Breakfast-Corn Chex Cereal Pineapple Tidbits 1% Milk Lunch- Cheese Quesadilla Fresh Broccoli Diced Peaches 1% Milk Snack-Animal Crackers 1% Milk</p>	<p>18 Breakfast- Biscuit Applesauce 1% Milk Lunch- Breaded Chicken Patty Lettuce Fruit Cocktail 1% Milk Snack- Bagel 1% Milk</p>	<p>19 Breakfast- Kix Cereal Orange Slices 1% Milk Lunch- BBQ on a Bun Baby Carrots Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk</p>
<p>22 Breakfast-Life Cereal Diced Peaches 1% Milk Lunch- Cheese Calzone Baby Carrots Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk</p>	<p>23 Breakfast- French Toast Applesauce1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Fruit Cocktail 1% Milk Snack-Tiger Bites 1% Milk</p>	<p>24 Breakfast- Rice Chex Cereal Mandarin Oranges 1% Milk Lunch- Chicken Nuggets Fresh Broccoli Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>	<p>25 Breakfast-English Muffin Fruit Cocktail 1% Milk Lunch- Cheese Pizza Lettuce Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk</p>	<p>26 Breakfast-Cherrios Pineapple Tidbits 1% Milk Lunch- Turkey & Cheese on a Bun Baby Carrots Diced Peaches 1% Milk Snack- WG Tortilla Chips & Salsa 1% Milk</p>
<p>29 Breakfast-Corn Chex Cereal Applesauce 1% Milk Lunch- Mozzarella Stuffed Breadsticks w/pizza sauce Diced Pears1% Milk Snack- Cheese It Crackers 1% Milk</p>	<p>30 Breakfast- Pancakes Diced Peaches 1% Milk Lunch- Cheese Calzone Fresh Broccoli Pineapple Tidbits1% Milk Snack- Tiger Bites 1% Milk</p>	<p>31 Breakfast- Kix Cereal Fruit Cocktail 1% Milk Lunch- Bean Burrito Lettuce Diced Peaches 1% Milk Snack- Wheat Crackers 1% Milk</p>		<p>Menu Subject to Change</p>