



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

OCTOBER 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change		1 Breakfast- Toast Banana 1% Milk Lunch- Chicken Drumsticks Fresh Broccoli Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	2 Breakfast- Biscuit Applesauce 1% Milk Lunch- Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk Snack- Bagel w/Jelly 1% Milk	3 Breakfast- Rice Chex Cereal Orange Slices 1% Milk Lunch- BBQ on a Bun Potato Smiles Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk
	6 Breakfast- Waffle Diced Peaches 1% Milk Lunch- Breaded Chicken Pattie Baby Carrots Pineapple Tidbits 1% Milk Snack- Jelly Sandwich 1% Milk	7 Breakfast- Kix Cereal Applesauce 1% Milk Lunch- Hamburger on a Bun Corn Fruit Cocktail 1% Milk Snack- Goldfish Crackers 1% Milk	8 Breakfast- Pancakes Mandarin Oranges 1% Milk Lunch- Cheese Pizza Green Beans Diced Pears 1% Milk Snack- Ritz Crackers 1% Milk	9 Breakfast- English Muffin Fruit Cocktail 1% Milk Lunch- Beef Tacos Tortilla Shells Lettuce Applesauce 1% Milk Snack- Animal Crackers 1% Milk
13 Breakfast- French Toast Applesauce 1% Milk Lunch- Cheese Quesadilla Baby Carrots Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk	14 Breakfast- Cherrios Cereal Diced Peaches 1% Milk Lunch- Chicken Tenders Green Beans Pineapple Tidbits 1% Milk Snack- Bagel w/Jelly 1% Milk	15 Breakfast- Oatmeal Fruit Cocktail 1% Milk Lunch- Meatballs Dinner Roll Mashed Potatoes Diced Peaches 1% Milk Snack- Cheese Slices Saltine Water	16 Breakfast- Toast Diced Pears 1% Milk Lunch- Chicken & Stuffing Casserole Corn Applesauce 1% Milk Snack- Tiger Bites 1% Milk	17 Breakfast- Life Cereal Pineapple Tidbits 1% Milk Lunch- Turkey Corn Dog Tater Tots Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk
20 Breakfast- Cheese Omelet Mandarin Oranges 1% Milk Lunch- Chicken Nuggets Fresh Broccoli Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	21 Breakfast- Corn Chex Cereal Applesauce 1% Milk Lunch- BBQ on a Bun Corn Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk	22 Breakfast- Bagel w/Jelly Fruit Cocktail 1% Milk Lunch- Chicken Taco Tortilla shell Lettuce Diced Pears 1% Milk Snack- String Cheese Saltines Water	23 Breakfast- Waffle Pineapple Tidbits 1% Milk Lunch- Tater Tot Casserole w/Green Beans Dinner Roll Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	24 Breakfast- Kix Cereal Diced Peaches 1% Milk Lunch- Grilled Chicken Pattie on a Bun Baby Carrots Fruit Cocktail 1% Milk Snack- Ritz Crackers 1% Milk
27 Breakfast- Biscuit Diced Pears 1% Milk Lunch- Spaghetti Green Beans Pineapple Tidbits 1% Milk Snack- Sliced Cheese Saltines Water	28 Breakfast- Life Cereal Diced Peaches 1% Milk Lunch- Hot Dog on a Bun French Fries Fruit Cocktail 1% Milk Snack- Giant Goldfish Grahams 1% Milk	29 Breakfast- English Muffin Applesauce 1% Milk Lunch- Chicken & Brown Rice Mixed Vegetables Diced Pears 1% Milk Snack- Cheese Its 1% Milk	30 Breakfast- French Toast Pineapple Tidbits 1% Milk Lunch- Nachos w/Tortilla Chips Lettuce Diced Peaches 1% Milk Snack- Tortilla Chips & Salsa 1% Milk	31 Breakfast- Cherrios Cereal Diced Pears Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Fresh Broccoli Applesauce 1% Milk Snack- Chex Mix 1% Milk