



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

OCTOBER 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Breakfast- Pancake Diced Peaches 1% Milk Lunch- Hot Dog On a Bun French Fries Pineapple Tidbits 1% Milk Snack- Giant Goldfish Grahams 1% Milk</p>	<p>2 Breakfast-Rice Chex Cereal Applesauce 1% Milk Lunch- Chicken & Brown Rice Mixed Vegetables Diced Pears 1% Milk Snack- Cheese Its 1% Milk</p>	<p>3 Breakfast- French Toast Pineapple Tidbits 1% Milk Lunch- Nachos w/Tortilla Chips Lettuce Diced Peaches 1% Milk Snack- Tortilla Chips & Salsa 1% Milk</p>	<p>4 Breakfast- Life Cereal Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Fresh Broccoli Applesauce 1% Milk Snack- Chex Mix 1% Milk</p>
<p>7 Breakfast- Corn Chex Cereal Diced Pears 1% Milk Lunch- Chicken Taco Tortilla Shell Lettuce Pineapple Tidbits 1% Milk Snack- Graham Crackers 1% Milk</p>	<p>8 Breakfast- Biscuits Applesauce 1% Milk Lunch- Lasagna Green Beans Diced Peaches 1% Milk Snack- Mini Pretzel 1% Milk</p>	<p>9 Breakfast-Cherrios Pineapple Tidbits 1% Milk Lunch- Cheese Pizza Diced Carrots Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk</p>	<p>10 Breakfast- Bagel Diced Peaches 1% Milk Lunch- Meatballs Dinner roll Mashed Potatoes Diced Pears 1% Milk Snack-Jelly Sandwich 1% Milk</p>	<p>11 Breakfast-Kix Cereal Fruit Cocktail 1% Milk Lunch- Turkey & Cheese on a bun Corn Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk</p>
<p>14 Breakfast-Rice Chex Cereal Banana 1% Milk Lunch- Beef Stroganoff Corn Diced Pears 1% Milk Snack- Tortilla Chips & Salsa 1% Milk</p>	<p>15 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>16 Breakfast- Life Cereal Pineapple Tidbits 1% Milk Lunch- Stuffed Mozzarella Breadsticks w/ Pizza Sauce Diced Carrots Applesauce 1% Milk Snack-String Cheese Saltine Crackers Water</p>	<p>17 Breakfast- Waffle Diced Pears 1% Milk Lunch- Chicken Tender Green Beans Diced Peaches 1% Milk Snack- Club Crackers 1% Milk</p>	<p>18 Breakfast- Cherrios Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun Tater Tots Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>
<p>21 Breakfast-Kix Cereal Diced Peaches 1% Milk Lunch- Bean Burrito Green Beans Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk</p>	<p>22 Breakfast- French Toast Sticks Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Corn Applesauce 1% Milk Snack- Chex Mix 1% Milk</p>	<p>23 Breakfast- Corn Chex Cereal Pineapple Tidbits 1% Milk Lunch-Chicken Nuggets Fresh Broccoli Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk</p>	<p>24 Breakfast- Biscuit Applesauce 1% Milk Lunch- Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk Snack- Bagel 1% Milk</p>	<p>25 Breakfast- Rice Chex Cereal Orange Slices 1% Milk Lunch- BBQ on a Bun French Fries Diced Pears 1% Milk Snack-Cheese It Crackers 1% Milk</p>
<p>28 Breakfast- Life Cereal Banana 1% Milk Lunch- Breaded Chicken Pattie Baby Carrots Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk</p>	<p>29 Breakfast- French Toast Applesauce 1% Milk Lunch-Hamburger on a Bun Corn Fruit Cocktail 1% Milk Snack- Animal Crackers 1% Milk</p>	<p>30 Breakfast- Kix Cereal Mandarin Oranges 1% Milk Lunch- Cheese Pizza Green Beans Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>	<p>31 Breakfast- English Muffin Fruit Cocktail 1% Milk Lunch- Chicken Chimichanga Lettuce Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk</p>	<p>Menu Subject to Change</p>