



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

October 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change			1 Breakfast- Life Cereal Pineapple Tidbits 1% Milk Lunch- Tater Tot Casserole w/Green Beans Dinner Roll Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	2 Breakfast- Kix Cereal Diced Peaches 1% Milk Lunch- Grilled Chicken Pattie on a Bun Baby Carrots Fruit Mix 1% Milk Snack- String cheese Saltines Water
5 Breakfast- Rice Chex Cereal Banana 1% Milk Lunch- Baked Spaghetti Green Beans Fruit Mix 1% Milk Snack- Cheese Its 1% Milk	6 Breakfast- Life Cereal Diced Peaches 1% Milk Lunch- French Bread Cheese Pizza Fresh Broccoli Pineapple Tidbits 1% Milk Snack - Tortilla Chips & Salsa 1% Milk	7 Breakfast- Kix Cereal Applesauce 1% Milk Lunch- Chicken & Brown Rice Mixed Vegetables Diced Pears 1% Milk Snack- Chex Mix 1% Milk	8 Breakfast- French Toast Pineapple Tidbits 1% Milk Lunch- Nachos w/Tortilla Chips Lettuce Diced Peaches 1% Milk Snack- Giant Goldfish Grahams 1% Milk	9 Breakfast- Cherrios Cereal Fruit Mix 1% Milk Lunch- Hot Ham & Cheese on a Bun Peas Applesauce 1% Milk Snack- Sliced Cheese Saltines Water
12 Breakfast- Life Cereal Applesauce 1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Pineapple Tidbits 1% Milk Snack- Animal Crackers 1% Milk	13 Breakfast- Corn Chex Cereal Diced Pears 1% Milk Lunch- Lasagna Peas Diced Peaches 1% Milk Snack- Mini Pretzel 1% Milk	14 Breakfast- Waffles Pineapple Tidbits 1% Milk Lunch- Cheese Pizza Corn Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk	15 Breakfast- Cherrios Cereal Diced Peaches 1% Milk Lunch- Meatballs Dinner Roll Mashed Potatoes Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk	16 Breakfast- Rice Chex Cereal Fruit Cocktail 1% Milk Lunch- Turkey & Cheese on a bun Baby Carrots Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk
19 Breakfast- Pancakes Banana 1% Milk Lunch- Beef Stroganoff Corn Diced Pears 1% Milk Snack- Tortilla Chips & Salsa 1% Milk	20 Breakfast- Rice Chex Cereal Diced Peaches 1% Milk Lunch- Chicken Tenders Lettuce Fruit Cocktail 1% Milk Snack- Ritz Crackers 1% Milk	21 Breakfast- Bagels w/Jelly Pineapple Tidbits 1% Milk Lunch- Stuffed Mozzarella Breadsticks w/Pizza Sauce Diced Carrots Applesauce 1% Milk Snack- Giant Goldfish Grahams 1% Milk	22 Breakfast- Cheese Omelet Diced Pears 1% Milk Lunch- Breaded Chicken Pattie Green Beans Diced Peaches 1% Milk Snack- Club Crackers 1% Milk	23 Breakfast- Kix Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun Tater Tots Pineapple Tidbits 1% Milk Snack- String Cheese Saltine Crackers Water
26 Breakfast- French Toast Sticks Diced Peaches 1% Milk Lunch- Bean Burrito Green Beans Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk	27 Breakfast- Life Cereal Fruit Mix 1% Milk Lunch- Hot Ham & Cheese on a Bun Corn Applesauce 1% Milk Snack- Tortilla Chips & Salsa 1% Milk	28 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch- Chicken Drumsticks Fresh Broccoli Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	29 Breakfast- Biscuit Applesauce 1% Milk Lunch- Pancakes w/syrup Turkey Sausages Diced Carrots Fruit Mix 1% Milk Snack- Bagel/w Jelly 1% Milk	30 Breakfast- Cherrios Cereal Mandarin Oranges 1% Milk Lunch- BBQ on a Bun French Fries Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk