



BOYS & GIRLS CLUBS OF THE SIOUX EMPIRE

SEPTEMBER 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
MENU IS SUBJECT TO CHANGE				1 CLOSED
4 CLOSED HAVE A GREAT LABOR DAY!	5 Breakfast- Corn Chex Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun French Fries Pineapple Tidbits 1% Milk Snack- Giant Goldfish Grahams 1% Milk	6 Breakfast- Cherrios Fruit Cocktail 1% Milk Lunch- Chicken & Brown Rice Mixed Vegetables Diced Pears 1% Milk Snack- Cheese Its 1% Milk	7 Breakfast- Waffles Pineapple Tidbits 1% Milk Lunch- Breaded Chicken Patties Baby Carrots Diced Peaches 1% Milk Snack- Tortilla Chips Salsa 1% Milk	8 Breakfast- Life Cereal Diced Pears 1% Milk Lunch- Hot Ham & Cheese on a Bun Fresh Broccoli Applesauce 1% Milk Snack- Bagel 1% Milk
11 Breakfast- Corn Chex Cereal Diced Pears 1% Milk Lunch- Chicken Taco Tortilla shell Lettuce Pineapple Tidbits 1% Milk Snack- Graham Crackers 1% Milk	12 Breakfast- Biscuits Applesauce 1% Milk Lunch- Cheese Pizza Green Beans Diced Peaches 1% Milk Snack- Mini Pretzel 1% Milk	13 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Tater Tots Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk	14 Breakfast- Bagel Diced Peaches 1% Milk Lunch- Hamburger on a Bun Baby Carrots Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk	15 Breakfast- Cherrios Fruit Cocktail 1% Milk Lunch- Chicken Nuggets Corn Applesauce 1% Milk Snack- Goldfish Cracker 1% Milk
18 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch- Beef Stroganoff Corn Diced Pears 1% Milk Snack- Tortilla Chips & Salsa 1% Milk	19 Breakfast- French Toast Diced Peaches 1% Milk Lunch- Tuna Sandwich on a Bun Lettuce Fruit Cocktail 1% Milk Snack- Giant Goldfish Grahams 1% Milk	20 Breakfast- Cheerios Pineapple Tidbits 1% Milk Lunch- Stuffed Mozzarella Sticks Diced Carrots Applesauce 1% Milk Snack- Club Crackers 1% Milk	21 Breakfast- Waffle Diced Pears 1% Milk Lunch- Chicken Nugget Green Beans Diced Peaches 1% Milk Snack- String Cheese Saltine Crackers Water	22 Breakfast- Kix Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun Potato Smiles Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk
25 Breakfast- Cherrios Banana 1% Milk Lunch- Bean Burrito Green Beans Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk	26 Breakfast- French Toast Sticks Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Corn Applesauce 1% Milk Snack- Trail Mix 1% Milk	27 Breakfast- Rice Chex Cereal Pineapple Tidbits 1% Milk Lunch- Homemade Chicken Noodle Soup Saltines Peas Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	28 Breakfast- Biscuit Applesauce 1% Milk Lunch- Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk Snack- Bagel 1% Milk	29 Breakfast- Kix Cereal Orange Slices 1% Milk Lunch- BBQ on a Bun French Fries Diced Pears 1% Milk Snack- Cheese It Crackers 1% Milk