



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

SEPTEMBER 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast -Rice Chex Cereal Diced Peaches 1% Milk Lunch -Grilled Chicken Pattie On a Bun Lettuce Fruit Mix 1% Milk Snack -Ritz Crackers 1% Milk	2 Breakfast -Bagels w/Jelly Diced Pears 1% Milk Lunch -Beef Stroganoff Diced Carrots Applesauce 1% Milk Snack -Giant Goldfish Grahams 1% Milk	3 Breakfast -Cherrios Cereal Pineapple Tidbits 1% Milk Lunch -Chicken Tender Green Beans Diced Peaches 1% Milk Snack -String Cheese Saltine Crackers Water	4 CLOSED
7 CLOSED Have a Great Labor Day!	8 Breakfast - Kix Cereal Fruit Mix 1% Milk Lunch - Bean Burrito Corn Applesauce 1% Milk Snack - Bagel w/jelly 1% Milk	9 Breakfast - Corn Chex Cereal Banana 1% Milk Lunch - Chicken Drumsticks Fresh Broccoli Diced Peaches 1% Milk Snack - Graham Crackers 1% Milk	10 Breakfast - Biscuit Applesauce 1% Milk Lunch -Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Mix 1% Milk Snack - Chex Mix 1% Milk	11 Breakfast - Rice Chex Cereal Mandarin Oranges 1% Milk Lunch - BBQ on a Bun French Fries Diced Pears 1% Milk Snack -Cheese It Crackers 1% Milk
14 Breakfast -Cheese Omelet Diced Peaches 1% Milk Lunch - Breaded Chicken Pattie Baby Carrots Diced Pears 1% Milk Snack - Jelly Sandwich 1% Milk	15 Breakfast -Life Cereal Applesauce 1% Milk Lunch -Hamburger on a Bun Corn Fruit Mix 1% Milk Snack - Animal Crackers 1% Milk	16 Breakfast - Pancakes Mandarin Oranges 1% Milk Lunch -Cheese Pizza Green Beans Pineapple Tidbits 1% Milk Snack - Ritz Crackers 1% Milk	17 Breakfast - English Muffin Fruit Mix 1% Milk Lunch -Scalloped Potatoes w/Turkey Ham Dinner Roll Applesauce 1% Milk Snack - Goldfish Crackers 1% Milk	18 Breakfast - Cherrios Pineapple Tidbits 1% Milk Lunch - Beef Tacos Tortilla Shells Lettuce Diced Peaches 1% Milk Snack - WG Tortilla Chips & Salsa 1% Milk
21 Breakfast - Waffles Applesauce 1% Milk Lunch - Chicken Tenders Baby Carrots Diced Pears 1% Milk Snack - Cheese It Crackers 1% Milk	22 Breakfast - Rice Chex Cereal Diced Peaches 1% Milk Lunch - Cheese Quesadilla Green Beans Pineapple Tidbits 1% Milk Snack - Tiger Bites 1% Milk	23 Breakfast - Kix Cereal Fruit Mix 1% Milk Lunch - Meatballs Dinner Roll Mashed Potatoes Diced Peaches 1% Milk Snack - Cheese Slices Saltines Water	24 Breakfast -French Toast Diced Pears 1% Milk Lunch - Chicken & Stuffing Casserole Corn Applesauce 1% Milk Snack - WG Bagel 1% Milk	25 Breakfast -Corn Chex Cereal Pineapple Tidbits 1% Milk Lunch - Turkey Corndog Tater Tots Fruit Mix 1% Milk Snack - Wheat Crackers 1% Milk
28 Breakfast - Bagel w/jelly Diced Pears 1% Milk Lunch - Chicken Nuggets Fresh Broccoli Diced Peaches 1% Milk Snack - Graham Crackers 1% Milk	29 Breakfast -Corn Chex Cereal Applesauce 1% Milk Lunch - BBQ on a Bun Corn Pineapple Tidbits 1% Milk Snack - Mini Pretzels 1% Milk	30 Breakfast - Toast Fruit Mix 1% Milk Lunch - Chicken Taco Tortilla Shell Lettuce Diced Pears 1% Milk Snack -String cheese Saltines Water		Menu Subject to Change