



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

AUGUST 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast- Rice Chex Cereal Diced Pears 1% Milk Lunch- Chicken Breast on a Bun Baby Carrots Pineapple Tidbits 1% Milk Snack- WG Bug Bites 1% Milk</p>	<p>3 Breakfast- WG Biscuits Applesauce 1% Milk Lunch- Cheese Pizza Fresh Broccoli Diced Peaches 1% Milk Snack- Soft Pretzel w/Cheese Sauce 1% Milk</p>	<p>4 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Chicken Chili Flauta Lettuce Mandarin Oranges 1% Milk Snack- WG Wheat Cracker 1% Milk</p>	<p>5 Breakfast- WG Bagel Diced Peaches 1% Milk Lunch- Turkey Corndog Baby Carrots Fruit Mix 1% Milk Snack- Jelly Sandwich 1% Milk</p>	<p>6 Breakfast- Cheerios Mandarin Oranges 1% Milk Lunch- Chicken Taco on Tortilla Shell Lettuce Applesauce 1% Milk Snack- Cheese It Crackers 1% Milk</p>
<p>9 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch- Hamburger on a Bun Fresh Broccoli Diced Pears 1% Milk Snack- Bread Stick w/pizza sauce 1% Milk</p>	<p>10 Breakfast- Cherrios Diced Peaches 1% Milk Lunch- Tuna Sandwich on a Bun Lettuce Fruit Cocktail 1% Milk Snack- WG Bug Bites 1% Milk</p>	<p>11 Breakfast- English Muffin Pineapple Tidbits 1% Milk Lunch- Stuffed Mozzarella Breadsticks Baby Carrots Applesauce 1% Milk Snack- String Cheese Saltine Crackers Water</p>	<p>12 Breakfast- Toast Mandarin Oranges 1% Milk Lunch- Chicken Nuggets Lettuce Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk</p>	<p>13 Breakfast- WG Kix Cereal Applesauce 1% Milk Lunch- Hot Dog on a Bun Broccoli Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>
<p>16 Breakfast- WG Cherrios Banana 1% Milk Lunch- Bean Burrito Lettuce Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk</p>	<p>17 Breakfast- Pancakes Fruit Mix 1% Milk Lunch- Hot Ham & Cheese on a Bun Baby Carrots Applesauce 1% Milk Snack- Cheese Its 1% Milk</p>	<p>18 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Cheese Quesadilla Fresh Broccoli Diced Peaches 1% Milk Snack- Animal Crackers 1% Milk</p>	<p>19 Breakfast- WG Biscuit Applesauce 1% Milk Lunch- Breaded Chicken on a Bun Lettuce Fruit Mix 1% Milk Snack- WG Bagel 1% Milk</p>	<p>20 Breakfast- Rice Chex Cereal Mandarin Oranges 1% Milk Lunch- BBQ on a Bun Baby Carrots Diced Pears 1% Milk Snack- WG Goldfish Crackers 1% Milk</p>
<p>23 Breakfast- Kix Diced Peaches 1% Milk Lunch- Cheese Pizza Fresh Broccoli Fruit Mix 1% Milk Snack- Jelly Sandwich 1% Milk</p>	<p>24 Breakfast- French Toast Sticks Applesauce 1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Diced Pears 1% Milk Snack- WG Scooby Snacks 1% Milk</p>	<p>25 Breakfast- WG Bagel Mandarin Oranges 1% Milk Lunch- Chicken Filet on a bun Baby Carrots Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>	<p>26 Breakfast- English Muffin Fruit Mix 1% Milk Lunch- Chicken Chili Flauta Lettuce Applesauce 1% Milk Snack- Wheat Crackers 1% Milk</p>	<p>27 Breakfast- Cherrios Pineapple Tidbits 1% Milk Lunch- Turkey & Cheese on a bun Fresh Broccoli Diced Peaches 1% Milk Snack- WG Tortilla Chips & Salsa 1% Milk</p>
<p>30 Breakfast- WG Kix Cereal Banana 1% Milk Lunch- Turkey Corndog Tater Tot Diced Pears 1% Milk Snack- Graham Crackers 1% Milk</p>	<p>31 Breakfast- French Toast Applesauce 1% Milk Lunch- Chicken Tenders Baby Carrots Pineapple Tidbits 1% Milk Snack- Breadstick w/pizza sauce 1% Milk</p>			<p>Menu Subject to Change</p>