



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

DECEMBER 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast- WG Bagel Diced Peaches 1% Milk Lunch- Meatballs Dinner Roll Mashed Potatoes Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk	2 Breakfast- Cherrios Mandarin Oranges 1% Milk Lunch- Turkey & Cheese On a Bun Baby Carrots Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk
5 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch -Hot Dog on a Bun Mixed Vegetables Diced Pears 1% Milk Snack- Mini Pretzels 1% Milk	6 Breakfast- Cheerios Diced Peaches 1% Milk Lunch - Stuffed Mozzarella Breadsticks Diced Carrots Fruit Cocktail 1% Milk Snack- Club Crackers 1% Milk	7 Breakfast- Rice Chex Cereal Pineapple Tidbits 1% Milk Lunch- Tuna Sandwich on a Bun Lettuce Applesauce 1% Milk Snack- String Cheese Townhouse Crackers Water	8 Breakfast- Waffle Diced Pears 1% Milk Lunch- Chicken Nugget Green Beans Diced Peaches 1% Milk Snack- Giant Goldfish Grahams 1% Milk	9 Breakfast- WG Kix Cereal Applesauce 1% Milk Lunch- Beef Stroganoff Corn Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk
12 Breakfast- Cherrios Banana 1% Milk Lunch- Bean Burrito Green Beans Pineapple Tidbits 1% Milk Snack- Tortilla Chips Salsa 1% Milk	13 Breakfast- Oatmeal Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Corn Applesauce 1% Milk Snack- Trail Mix 1% Milk	14 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Homemade Chicken Noodle Soup Saltines Peas Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	15 Breakfast- WG Biscuit Applesauce 1% Milk Lunch- Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk Snack- WG Bagel 1% Milk	16 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
19 Breakfast- Corn Chex Diced Peaches 1% Milk Lunch- Cheese Pizza Baby Carrots Fruit Cocktail 1% Milk Snack- Jelly Sandwich 1% Milk	20 Breakfast- French Toast Applesauce 1% Milk Lunch- Meatballs Mashed Potatoes WG Dinner Roll Diced Pears 1% Milk Snack- Teddy Grahams 1% Milk	21 Breakfast- Cherrios Mandarin Oranges 1% Milk Lunch- Scalloped Potatoes w/Ham WG Dinner roll Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk	22 Breakfast- English Muffin Fruit Cocktail 1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	23 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Breaded Chicken Pattie Fresh Broccoli Diced Peaches 1% Milk Snack- WG Tortilla Chips & Salsa 1% Milk
26 CLOSED HAPPY HOLIDAY!!	27 Breakfast- Corn Chex Cereal Applesauce 1% Milk Lunch- Chicken Tenders Baby Carrots Pineapple Tidbits 1% Milk Snack- Cheese It Crackers 1% Milk	28 Breakfast- Kix Cereal Fruit Cocktail 1% Milk Lunch- Hamburger on a Bun Lettuce Diced Peaches 1% Milk Snack- Cheese Slices Saltines Water	29 Breakfast- Biscuits Diced Pears 1% Milk Lunch- Turkey & Cheese on a Bun Fresh Broccoli Applesauce 1% Milk Snack- Graham Crackers 1% Milk	30 Breakfast- Rice Chex Cereal Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Baby Carrots Fruit Cocktail 1% Milk Snack- Zoo Crackers 1% Milk Menu Subject to Change