



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

JULY 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change			1 Breakfast- WG Biscuit Applesauce 1% Milk Lunch- Breaded Chicken Patty On a bun Lettuce Fruit Mix 1% Milk Snack- WG Bagel 1% Milk	2 Breakfast- Rice Chex Cereal Mandarin Orange 1% Milk Lunch- BBQ on a Bun Baby Carrots Diced Pears 1% Milk Snack- WG Goldfish Crackers 1% Milk
5 CLOSED HAVE A SAFE 4TH!	6 Breakfast- Kix Cereal Applesauce 1% Milk Lunch - Beef Taco Tortilla Shell Lettuce Diced Pears 1% Milk Snack- WG Scooby Snacks 1% Milk	7 Breakfast- WG Bagel Mandarin Oranges 1% Milk Lunch- Chicken Filet on a bun Baby Carrots Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk	8 Breakfast- English MuffinFruit Cocktail 1% Milk Lunch- Chicken Chili Flauta Lettuce Applesauce 1% Milk Snack- Wheat Crackers 1% Milk	9 Breakfast- Cherrios Pineapple Tidbits1% Milk Lunch- Turkey & Cheese on a bun Fresh Broccoli Diced Peaches 1% Milk Snack- WG Tortilla Chips & Salsa 1% Milk
12 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch- Chimichanga Lettuce Diced Pears 1% Milk Snack- Graham Crackers 1% Milk	13 Breakfast- French Toast Applesauce 1% Milk Lunch- Chicken Tenders Fresh Broccoli Pineapple Tidbits 1% Milk Snack- Cheese Its 1% Milk	14 Breakfast- WG Kix Cereal Mandarin Oranges 1% Milk Lunch- Hamburger on a Bun Lettuce Diced Peaches 1% Milk Snack- Cheese Slices Saltines Water	15 Breakfast- Biscuits Diced Pears 1% Milk Lunch- Mozzarella Breadsticks w/Pizza sauce Fresh Broccoli Fruit Mix 1% Milk Snack- WG Bagel 1% Milk	16 Breakfast- Cherrios Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Baby Carrots Applesauce 1% Milk Snack- WG Bug Bites 1% Milk
19 Breakfast- Kix Cereal Diced Pears 1% Milk Lunch- WG Chicken Nuggets Fresh Broccoli Diced Peaches 1% Milk Snack- Zoo Crackers 1% Milk	20 Breakfast- Bagel Applesauce 1% Milk Lunch- BBQ on a bun Baby Carrots Pineapple Tidbits 1% Milk Snack- Club Crackers 1% Milk	21 Breakfast- Cherrios Fruit Cocktail 1% Milk Lunch- Chicken Taco Tortilla Shell Lettuce Mandarin Oranges 1% Milk Snack- String cheese Saltines Water	22 Breakfast- French Toast Sticks Pineapple Tidbits 1% Milk Lunch- Bean Burrito Fresh Broccoli Diced Pears 1% Milk Snack- Mini Pretzels 1% Milk	23 Breakfast- Rice Chex Cereal Diced Peaches 1% Milk Lunch- Chicken Salad Baby Carrots Applesauce 1% Milk Snack- Ritz Crackers 1% Milk
26 Breakfast- Cheerios Banana 1% Milk Lunch- Hot Dog On a Bun Lettuce Fruit Mix 1% Milk Snack- Sliced Cheese Saltines Water	27 Breakfast- Toast Diced Peaches 1% Milk Lunch- Turkey &Cheese on a bun Fresh Broccoli Pineapple Tidbits 1% Milk Snack- WG Tortilla Chips & Salsa1% Milk	28 Breakfast- Corn Chex cereal Applesauce1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Diced Pears 1% Milk Snack- WG Goldfish Crackers 1% Milk	29 Breakfast- English Muffin Pineapple Tidbits 1% Milk Lunch- Breaded Chicken Patty on a bun Baby Carrots Diced Peaches 1% Milk Snack- Scooby Snacks 1% Milk	30 Breakfast- WG Kix Cereal Fruit Mix 1% Milk Lunch- Hot Ham & Cheese on a bun Fresh Broccoli Applesauce 1% Milk Snack- Bagel 1% Milk