



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

March 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast- Cheerios Applesauce, 1% Milk Lunch- Chicken & Brown Rice, Mixed Vegetables Diced Pears, 1% Milk Snack- Cheese Its 1% Milk	2 Breakfast- English Muffin, Pineapple Tidbits 1% Milk Lunch- Nachos w/Tortilla Chips Lettuce, Diced Peaches, 1% Milk Snack- Trail Mix w/WG Cereals, 1% Milk	3 Breakfast- WG Kix Cereal Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun, Baby Carrots Applesauce 1% Milk Snack- Tortilla Chips & Salsa 1% Milk
6 Breakfast- Corn Chex Cereal Diced Pears 1% Milk Lunch – Chicken Taco Tortilla Shell Lettuce Pineapple Tidbits 1% Milk Snack- Animal Crackers 1% Milk	7 Breakfast- WG Biscuits Applesauce 1% Milk Lunch - Chicken Pattie Corn Diced Peaches 1% Milk Snack- Mini Pretzels 1% Milk	8 Breakfast- Kix Cereal Pineapple Tidbits 1% Milk Lunch- Cheese Pizza Green Beans Fruit Cocktail 1% Milk Snack- Wheat Crackers 1% Milk	9 Breakfast- WG Bagel Diced peaches 1% Milk Lunch- Hamburger on a Bun French Fries Diced Pears 1% Milk Snack- Jelly Sandwich 1% Milk	10 Breakfast- Cherrios Mandarin Oranges 1% Milk Lunch- Turkey & Cheese On a Bun Baby Carrots Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk
13 Breakfast- dWG Cheerios Banana 1% Milk Lunch- Bean Burrito Green Beans Pineapple Tidbits 1% Milk Snack- Mini Pretzels 1% Milk	14 Breakfast- Breakfast Burrito Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on a Bun Corn Applesauce 1% Milk Snack- Trail Mix 1% Milk	15 Breakfast- Rice Chex Cereal Pineapple Tidbits Lunch- Hot Dog w/ Bun Fresh Broccoli Diced Peaches 1% Milk Snack- Animal Crackers 1% Milk	16 Breakfast- WG Biscuit Applesauce 1% Milk Lunch- WG Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk Snack- WG Bagel 1% Milk	17 Breakfast- WG Kix Cereal Mandarin Oranges 1% Milk Lunch- BBQ on a Bun French Fries Diced Pears Snack- Cheese It Crackers 1% Milk
20 Breakfast- Corn Chex Diced Peaches 1% Milk Lunch- Cheese Calzone Baby Carrots Fruit Cocktail 1% Milk Snack- Jelly Sandwich 1% Milk	21 Breakfast- French Toast Applesauce 1% Milk Lunch- Beef Taco Tortilla Shell Lettuce Diced Pears 1% Milk Snack- Tiger Bites 1% Milk	22 Breakfast- Kix Cereal Mandarin Oranges 1% Milk Lunch- Breaded Chicken Pattie Potato Smiles Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk	23 Breakfast- English Muffin Fruit Cocktail 1% Milk Lunch- Cheese Pizza Green Beans Applesauce 1% Milk Snack- Goldfish Crackers 1% Milk	24 Breakfast- Cheerios Pineapple Tidbits 1% Milk Lunch- Scalloped Potatoes w/Ham WG Dinner roll Diced Peaches 1% Milk Snack- WG Tortilla Chips & Salsa 1% Milk
27 Breakfast- Corn Chex Cereal Banana 1% Milk Lunch- Turkey & Cheese on a Bun Baked Beans Diced Pears 1% Milk Snack- Graham Crackers Water	28 Breakfast- French Toast Applesauce 1% Milk Lunch- Chicken Tenders Baby Carrots Pineapple Tidbits 1% Milk Snack- Cheese It Crackers 1% Milk	29 Breakfast- Kix Cereal Fruit Cocktail 1% Milk Lunch- Hamburger on a Bun French Fries Diced Peaches 1% Milk Snack- Cheese Slices Saltines Water	30 Breakfast- Biscuits Diced Pears 1% Milk Lunch- Chicken & Stuffing Casserole Corn Applesauce 1% Milk Snack- WG Bagel 1% Milk	31 Breakfast- WG Rice Chex Cereal Pineapple Tidbits 1% Milk Lunch- Turkey Corndog Tater Tots Fruit Cocktail 1% Milk Snack- Animal Crackers 1% Milk

Menu Subject to Change