



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>CLOSED</p>	<p>4</p> <p>Breakfast- Whole Grain Frosted Mini Spooners Applesauce 1% Milk</p> <p>Lunch- Meatballs Mashed Potatoes Whole Grain Bread Diced Pears 1% Milk</p> <p>Snack- Whole Grain Teddy Grahams 1% Milk</p>	<p>5</p> <p>Breakfast- Whole Grain French Toast Banana 1% Milk</p> <p>Lunch- Whole Grain Chicken Tenders Potato Smiles Pineapple Tidbits 1% Milk</p> <p>Snack- Ritz Crackers 1% Milk</p>	<p>6</p> <p>Breakfast- Crispy Rice Cereal Fruit Cocktail 1% Milk</p> <p>Lunch- Taco Casserole w/Whole Grain Tortilla Shells Lettuce Applesauce 1% Milk</p> <p>Snack- Whole Grain Cheese Crackers 1% Milk</p>	<p>7</p> <p>Breakfast- Whole Grain English Muffin Pineapple Tidbits 1% Milk</p> <p>Lunch- Scalloped Potatoes Ham Whole Grain Bread Diced Peaches 1% Milk</p> <p>Snack- Whole Grain Tortilla Chips & Salsa 1% Milk</p>
<p>10</p> <p>Breakfast- Whole Grain Toast Banana 1% Milk</p> <p>Lunch- Sub Sandwich on Whole Grain Bun Baked Beans Diced Pears 1% Milk</p> <p>Snack- Graham Crackers 1% Milk</p>	<p>11</p> <p>Breakfast- Whole Grain Kix Cereal Applesauce 1% Milk</p> <p>Lunch- Pizza Hot Dish w/ Hamburger and Noodles Diced Beets Pineapple Tidbits 1% Milk</p> <p>Snack- Whole Grain Bagel w/Cream Cheese 1% Milk</p>	<p>12</p> <p>Breakfast- Breakfast Pizza Mandarin Oranges 1% Milk</p> <p>Lunch- Hamburger on Whole Grain Bun French Fries Diced Peaches 1% Milk</p> <p>Snack- Cheese Slices Saltines Water</p>	<p>13</p> <p>Breakfast- Pancakes Diced Pears 1% Milk</p> <p>Lunch- Chicken & Stuffing Casserole Diced Carrots Fruit cocktail 1% Milk</p> <p>Snack- Whole Grain Breadstick w/pizza sauce 1% Milk</p>	<p>14</p> <p>Breakfast- Whole Grain Toasty O's Cereal Pineapple Tidbits 1% Milk</p> <p>Lunch- Whole Grain Mini Turkey Corndogs Tatar Tots Apple Wedges 1% Milk</p> <p>Snack- Whole Grain Zoo Crackers 1% Milk</p>
<p>17</p> <p>Breakfast- Crispy Rice Cereal Fruit Cocktail 1% Milk</p> <p>Lunch- Tuna & Noodles Peas Diced Peaches 1% Milk</p> <p>Snack- Soft Pretzels w/Cheese Sauce 1% Milk</p>	<p>18</p> <p>Breakfast- Whole Grain Chocolate Chip Muffin Banana 1% Milk</p> <p>Lunch- Tatar Tot Casserole Green Beans Whole Grain Bread Pineapple Tidbits 1% Milk</p> <p>Snack- Cornbread 1% Milk</p>	<p>19</p> <p>Breakfast- Whole Grain Frosted Mini Spooners Applesauce 1% Milk</p> <p>Lunch- BBQ on Whole Grain Bun French Fries Mandarin Oranges 1% Milk</p> <p>Snack- Whole Grain Teddy Graham 1% Milk</p>	<p>20</p> <p>Breakfast- Bagel Pineapple Tidbits 1% Milk</p> <p>Lunch- Whole Grain Chicken Nuggets Broccoli w/ranch dip Diced Pears 1% Milk</p> <p>Snack- Yogurt Graham Cracker Water</p>	<p>21</p> <p>Breakfast- Kix Cereal Diced Peaches 1% Milk</p> <p>Lunch- Turkey & Cheese Sandwich on Whole Grain Bun Potato Salad Applesauce 1% Milk</p> <p>Snack- Ritz Crackers 1% Milk</p>
<p>24</p> <p>Breakfast- Whole Grain Toasty O's Cereal Diced Pears 1% Milk</p> <p>Lunch- Hot Dog on Whole Grain Bun French Fries Fruit Cocktail 1% Milk</p> <p>Snack- Cheese Saltines Water</p>	<p>25</p> <p>Breakfast- Bagel Diced Peaches 1% Milk</p> <p>Lunch- Cold Ham & Cheese on Whole Grain Bun Baby carrots w/ranch Pineapple Tidbits 1% Milk</p> <p>Snack- Whole Grain Tortilla Chips & Salsa 1% Milk</p>	<p>26</p> <p>Breakfast- Whole Grain Toast Applesauce 1% Milk</p> <p>Lunch- Spaghetti w/Whole Grain Pasta and Meat Sauce Green Beans Diced Pears 1% Milk</p> <p>Snack- Whole Grain Goldfish Crackers 1% Milk</p>	<p>27</p> <p>Breakfast- Whole Grain Kix Cereal Pineapple Tidbits 1% Milk</p> <p>Lunch- Chicken & Brown Rice Mixed Vegetable Diced Peaches 1% Milk</p> <p>Snack- Whole Grain Bug Bites 1% Milk</p>	<p>28</p> <p>Breakfast- Whole Grain English Muffin Fruit Cocktail 1% Milk</p> <p>Lunch- Nachos Lettuce w/ ranch Whole Grain Tortilla Chips Applesauce 1% Milk</p> <p>Snack- Trail Mix w/Whole Grain Cereals 1% Milk</p>
				<p>Menu Subject to Change</p>