



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

DECEMBER 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast- Whole Grain Toasty O's Banana 1% Milk Lunch-Spanish Hamburger w/Brown Rice Casserole Green Beans Pineapple Tidbits1% Milk Snack- Whole Grain Bug Bites 1% Milk</p>	<p>4 Breakfast- Oatmeal Fruit Cocktail 1% Milk Lunch- Hot Ham & Cheese on Whole Grain Bun Potato Salad Apple Slices 1% Milk Snack- Trail Mix with Whole Grain Cereal 1% Milk</p>	<p>5 Breakfast- Egg & Cheese on Whole Grain Muffin Pineapple Tidbits 1% Milk Lunch- Homemade Chicken Noodle Soup Saltines Peas Diced Peaches 1% Milk Snack- Mini Pretzels 1% Milk</p>	<p>6 Breakfast- Biscuits Applesauce 1% Milk Lunch- Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk Snack- Whole Grain Bagel 1% Milk</p>	<p>7 Breakfast- Whole Grain Kix Cereal Orange Slices 1% Milk Lunch- BBQ on Whole Grain Bun French Fries Diced Pears 1% Milk Snack- Whole Grain Goldfish Crackers 1% Milk</p>
<p>10 Breakfast- Whole Grain Frosted Mini Spooners Diced Peaches 1% Milk Lunch- Hamburger Pizza Baby Carrots w/ranch Fruit Cocktail 1% Milk Snack- Jelly Sandwich on Whole Grain Bread 1% Milk</p>	<p>11 Breakfast- Whole Grain Bagel Applesauce1% Milk Lunch - Meatballs Mashed Potatoes Whole Grain Bread Diced Pears 1% Milk Snack- Whole Grain Teddy Grahams 1% Milk</p>	<p>12 Breakfast- Whole Grain French Toast Sticks Banana 1% Milk Lunch- Whole Grain Chicken Tenders Potato Smiles Pineapple Tidbits 1% Milk Snack- Ritz Crackers 1% Milk</p>	<p>13 Breakfast- Crispy Rice Cereal Fruit Cocktail 1% Milk Lunch- Taco Casserole w/Whole Grain Tortilla Shells Lettuce Applesauce 1% Milk Snack- Whole Grain Cheese Crackers 1% Milk</p>	<p>14 Breakfast- Whole Grain English Muffin Pineapple Tidbits 1% Milk Lunch- Scalloped Potatoes Ham Whole Grain Bread Diced Peaches 1% Milk Snack- Whole Grain Tortilla Chips & Salsa1% Milk</p>
<p>17 Breakfast- Whole Grain Toast Banana 1% Milk Lunch- Sub Sandwich on Whole Grain Bun Baked Beans Diced Pears 1% Milk Snack- Graham Crackers 1% Milk</p>	<p>18 Breakfast- Whole Grain Kix Cereal Applesauce1% Milk Lunch- Homemade Chili Saltines Pineapple Tidbits 1% Milk Snack- Whole Grain Breadstick w/pizza sauce 1% Milk</p>	<p>19 Breakfast- Breakfast Pizza Mandarin Oranges 1% Milk Lunch- Hamburger on Whole Grain Bun French Fries Diced Peaches 1% Milk Snack- Cheese Slices Saltines Water</p>	<p>20 Breakfast- Pancakes Diced Pears 1% Milk Lunch- Chicken & Stuffing Casserole Diced Carrots Fruit cocktail 1% Milk Snack- Whole Grain Bagel w/Cream Cheese 1% Milk</p>	<p>21 Breakfast- Whole Grain Toasty O's Cereal Pineapple Tidbits 1% Milk Lunch- Whole Grain Mini Turkey Corndogs Tatar Tots Apple Wedges 1% Milk Snack- Whole Grain Zoo Crackers 1% Milk</p>
<p>24 Breakfast- Crispy Rice Cereal Fruit Cocktail 1% Milk Lunch- Whole Grain Chicken Nuggets Broccoli w/ranch dip Diced Peaches 1% Milk Snack- Whole Grain Teddy Graham 1% Milk</p>	<p>25 CLOSED HAPPY HOLIDAYS!</p>	<p>26 Breakfast- Oatmeal Applesauce 1% Milk Lunch- BBQ on Whole Grain Bun French Fries Mandarin Oranges 1% Milk Snack- Soft Pretzels w/Cheese Sauce 1% Milk</p>	<p>27 Breakfast- Whole Grain French Toast Sticks Pineapple Tidbits 1% Milk Lunch- Tatar Tot Casserole Green Beans Whole Grain Bread Diced Pears 1% Milk Snack- Yogurt Graham Cracker Water</p>	<p>28 Breakfast- Whole Grain Frosted Mini Spooners Oatmeal Diced Peaches 1% Milk Lunch- Turkey & Cheese Sandwich on Whole Grain Bun Potato Salad Applesauce 1% Milk Snack- Ritz Crackers 1 % Milk</p>
<p>31 Breakfast- Whole Grain Toasty O's Cereal Banana 1% Milk Lunch- Hot Dog on Whole Grain Bun French Fries Fruit Cocktail 1% Milk Snack- Cheese Saltines Water</p>				<p>Menu Subject to Change</p>