



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

| JANUARY 2019 | | | | |
|--|--|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | <p>1</p> <p>CLOSED HAPPY NEW YEAR!!</p> | <p>2</p> <p>Breakfast- Whole Grain Toast Applesauce 1% Milk Lunch- Chicken & Brown Rice Mixed Vegetable Diced Pears 1% Milk Snack- Whole Grain Goldfish Crackers 1% Milk</p> | <p>3</p> <p>Breakfast- Whole Grain Kix Cereal Pineapple Tidbits 1% Milk Lunch- Nachos Lettuce w/ ranch Whole Grain Tortilla Chips Diced Peaches 1% Milk Snack- Whole Grain Bug Bites 1% Milk</p> | <p>4</p> <p>Breakfast- Whole Grain English Muffin Fruit Cocktail 1% Milk Lunch- Cold Ham & Cheese on Whole Grain Bun Baby Carrots w/ranch Applesauce 1% Milk Snack- Trail Mix w/Whole Grain Cereal 1% Milk</p> |
| <p>7</p> <p>Breakfast- Whole Grain Frosted Mini Spooners Cereal Diced Pears 1% Milk Lunch- Chicken Breast on Whole Grain Bun Baby Carrots Pineapple Tidbits 1% Milk Snack- Soft Pretzel w/Cheese Sauce 1% Milk</p> | <p>8</p> <p>Breakfast- Biscuits Applesauce 1% Milk Lunch - Hamburger & Whole Grain Brown Rice Casserole Diced Beets Diced Peaches 1% Milk Snack- Zoo Cracker 1% Milk</p> | <p>9</p> <p>Breakfast- Egg & Cheese on Whole Grain English Muffin Pineapple Tidbits 1% Milk Lunch- Cheese Pizza Green Beans Mandarin Oranges 1% Milk Snack- Jelly Sandwich on Whole Grain Bread 1% Milk</p> | <p>10</p> <p>Breakfast- Whole Grain Bagel Diced Peaches 1% Milk Lunch- Meatballs Mashed Potatoes Whole Grain Bread Fruit Cocktail 1% Milk Snack- Cornbread 1% Milk</p> | <p>11</p> <p>Breakfast- Whole Grain Kix Cereal Orange Slices 1% Milk Lunch- Chicken Taco on Whole Wheat Tortilla Shell Lettuce w/Ranch Applesauce 1% Milk Snack- Whole Grain Cheese It Crackers 1% Milk</p> |
| <p>14</p> <p>Breakfast- Crispy Rice Cereal Banana 1% Milk Lunch- Beef Stroganoff Corn Diced Pears 1% Milk Snack- Whole Grain Bread Stick w/pizza sauce 1% Milk</p> | <p>15</p> <p>Breakfast- Breakfast Pizza Diced Peaches 1% Milk Lunch- Tuna Sandwich on Whole Grain Bun Green Beans Fruit Cocktail 1% Milk Snack- Whole Grain Scooby Snacks 1% Milk</p> | <p>16</p> <p>Breakfast- Whole Grain English Muffin Pineapple Tidbits 1% Milk Lunch- Chicken Enchilada Casserole w/Whole Wheat Tortilla Shells Broccoli Apple Slices 1% Milk Snack- String Cheese Saltine Crackers Water</p> | <p>17</p> <p>Breakfast- Whole Grain Toast Orange Slices 1% Milk Lunch- Lasagna Peas Diced Peaches 1% Milk Snack- Vanilla Yogurt Graham Crackers Water</p> | <p>18</p> <p>Breakfast- Whole Grain Frosted Mini Spooners Applesauce 1% Milk Lunch- Hot Dog on Whole Grain Bun Tatar Tots Pineapple Tidbits 1% Milk Snack- Muffins 1% Milk</p> |
| <p>21</p> <p>Breakfast- Whole Grain Toasty O's Banana 1% Milk Lunch- Spanish Hamburger w/Brown Rice Casserole Green Beans Pineapple Tidbits 1% Milk Snack- Whole Grain Bug Bites 1% Milk</p> | <p>22</p> <p>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>23</p> <p>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>24</p> <p>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>25</p> <p>Breakfast- Whole Grain Kix Cereal Orange Slices 1% Milk Lunch- BBQ on Whole Grain Bun French Fries Diced Peas 1% Milk Snack- Whole Grain Goldfish Crackers 1% Milk</p> |
| <p>28</p> <p>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>29</p> <p>Breakfast- Whole Grain Bagel Applesauce 1% Milk Lunch- Meatballs Mashed Potatoes Whole Grain Bread Diced Peas 1% Milk Snack- Whole Grain Teddy Grahams 1% Milk</p> | <p>30</p> <p>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>31</p> <p>Breakfast- Crispy Rice Cereal Fruit Cocktail 1% Milk Lunch- Taco Casserole w/Whole Grain Tortilla Shells Lettuce Applesauce 1% Milk Snack- Whole Grain Cheese It Crackers 1% Milk</p> | <p>Menu Subject to Change</p> |