



BOYS & GIRLS CLUBS
OF THE SIOUX EMPIRE

FEBRUARY 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 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 & Salsa 1% Milk
4 Breakfast- Whole Grain Kix Cereal Banana 1% Milk Lunch- Sub Sandwich on Whole Grain Bun Baked Beans Diced Peaches 1% Milk Snack- Graham Crackers 1% Milk	5 Breakfast- Whole Grain Toast Applesauce 1% Milk Lunch - Homemade Chili Saltines Pineapple Tidbits 1% Milk Snack- Whole Grain Breadstick w/pizza sauce 1% Milk	6 Breakfast- Breakfast Pizza Mandarin Oranges 1% Milk Lunch- Hamburger on Whole Grain Bun French Fries Diced Peaches 1% Milk Snack- Cheese Slices Saltines Water	7 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	8 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
11 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	12 Breakfast- Whole Grain French Toast Sticks Banana 1% Milk Lunch- BBQ on Whole Grain Bun French Fries Pineapple Tidbits 1% Milk Snack- Soft Pretzels w/Cheese Sauce 1% Milk	13 Breakfast- Whole Grain Frosted Mini Spooners Applesauce 1% Milk Lunch- Tuna & Noodles Peas Mandarin Oranges 1% Milk Snack- Cornbread 1% Milk	14 Breakfast- Whole Grain Cherry Chip Muffin Pineapple Tidbits 1% Milk Lunch- Tatar Tot Casserole w/Green Beans Whole Grain Bread Diced Pears 1% Milk Snack- Yogurt Graham Cracker Water	15 Breakfast- Oatmeal Diced Peaches 1% Milk Lunch- Turkey & Cheese Sandwich on Whole Grain Bun Baby Carrots Applesauce 1% Milk Snack- Ritz Crackers 1% Milk
18 Breakfast- Pancakes Banana 1% Milk Lunch- Hot Dog on Whole Grain Bun French Fries Fruit Cocktail 1% Milk Snack- Cheese Saltines Water	19 Breakfast- Whole Grain Toasty O's Cereal Diced Peaches 1% Milk Lunch- Cold Ham & Cheese on Whole Grain Bun Baby carrots w/ranch Pineapple Tidbits 1% Milk Snack- Whole Grain Tortilla Chips & Salsa 1% Milk	20 Breakfast- Whole Grain Toast Applesauce 1% Milk Lunch- Chicken & Brown Rice Mixed Vegetable Diced Pears 1% Milk Snack- Whole Grain Goldfish Crackers 1% Milk	21 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	22 Breakfast- Whole Grain English Muffin Fruit Cocktail 1% Milk Lunch- Spaghetti w/Whole Grain Pasta and Meat Sauce Green Beans Applesauce 1% Milk Snack- Trail Mix w/Whole Grain Cereals 1% Milk
25 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	26 Breakfast- Biscuits Applesauce 1% Milk Lunch- Hamburger & Whole Grain Brown Rice Casserole Diced Beets Diced Peaches 1% Milk Snack- Zoo Cracker 1% Milk	27 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	28 Breakfast- Whole Grain Bagel Diced Peaches 1% Milk Lunch- Meatballs Mashed Potatoes Whole Grain Bread Fruit Cocktail 1% Milk Snack- Cornbread 1% Milk	Menu Subject to Change