



**BOYS & GIRLS CLUBS**  
OF THE SIOUX EMPIRE

JUNE 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> <b>Breakfast-</b> WG Frosted Mini Spooners Cereal Diced Pears 1% Milk <b>Lunch-</b> Chicken Breast on a Bun Baby Carrots Pineapple Tidbits 1% Milk <b>Snack-</b> Soft Pretzel w/Cheese Sauce 1% Milk</p>	<p><b>4</b> <b>Breakfast-</b> WG Biscuits Applesauce 1% Milk <b>Lunch-</b> Hamburger &amp; Whole Grain Brown Rice Casserole Diced Beets Diced Peaches 1% Milk <b>Snack-</b> String Cheese Ritz Crackers Water</p>	<p><b>5</b> <b>Breakfast-</b> WG Bagel Pineapple Tidbits 1% Milk <b>Lunch-</b> Cheese Pizza Green Beans Mandarin Oranges 1% Milk <b>Snack-</b> Jelly Sandwich on Bread 1% Milk</p>	<p><b>6</b> <b>Breakfast-</b> Crispy Rice Cereal Diced Peaches 1% Milk <b>Lunch-</b> Sub Sandwich Fresh Broccoli Fruit Cocktail 1% Milk <b>Snack-</b> WG Animal Cracker 1% Milk</p>	<p><b>7</b> <b>Breakfast-</b> WG Kix Cereal Orange Slices 1% Milk <b>Lunch-</b> Chicken Taco on Whole Wheat Tortilla Shell Lettuce w/Ranch Applesauce 1% Milk <b>Snack-</b> Cheese It Crackers 1% Milk</p>
<p><b>10</b> <b>Breakfast-</b> WG Crispy Rice Cereal Banana 1% Milk <b>Lunch-</b> Beef Stroganoff Corn Diced Pears 1% Milk <b>Snack-</b> Bread Stick w/pizza sauce 1% Milk</p>	<p><b>11</b> <b>Breakfast-</b> Breakfast Pizza Diced Peaches 1% Milk <b>Lunch-</b> Tuna Sandwich on a Bun Green Beans Fruit Cocktail 1% Milk <b>Snack-</b> WG Scooby Snacks 1% Milk</p>	<p><b>12</b> <b>Breakfast-</b> English Muffin Pineapple Tidbits 1% Milk <b>Lunch-</b> Chicken Enchilada Casserole w/Whole Wheat Tortilla Shells Broccoli Applesauce 1% Milk <b>Snack-</b> String Cheese Saltine Crackers Water</p>	<p><b>13</b> <b>Breakfast-</b> Toast Orange Slices 1% Milk <b>Lunch-</b> Lasagna Peas Diced Peaches 1% Milk <b>Snack-</b> Graham Crackers 1% Milk</p>	<p><b>14</b> <b>Breakfast-</b> WG Frosted Mini Spooners Applesauce 1% Milk <b>Lunch-</b> Hot Dog on a Bun French Fries Pineapple Tidbits 1% Milk <b>Snack-</b> Ritz Crackers 1% Milk</p>
<p><b>17</b> <b>Breakfast-</b> WG Cherrios Banana 1% Milk <b>Lunch-</b> Spanish Hamburger w/Brown Rice Casserole Green Beans Pineapple Tidbits 1% Milk <b>Snack-</b> Mini Pretzels 1% Milk</p>	<p><b>18</b> <b>Breakfast-</b> Oatmeal Fruit Cocktail 1% Milk <b>Lunch-</b> Hot Ham &amp; Cheese on a Bun Corn Applesauce 1% Milk <b>Snack-</b> Trail Mix with WG Cereal 1% Milk</p>	<p><b>19</b> <b>Breakfast-</b> Egg &amp; Cheese on English Muffin Pineapple Tidbits 1% Milk <b>Lunch-</b> Homemade Chicken Noodle Soup Saltines Peas Diced Peaches 1% Milk <b>Snack-</b> WG Bug Bites 1% Milk</p>	<p><b>20</b> <b>Breakfast-</b> WG Biscuits Applesauce 1% Milk <b>Lunch-</b> WG Pancakes w/Syrup Turkey Sausage Diced Carrots Fruit Cocktail 1% Milk <b>Snack-</b> WG Bagel 1% Milk</p>	<p><b>21</b> <b>Breakfast-</b> WG Kix Cereal Orange Slices 1% Milk <b>Lunch-</b> BBQ on a Bun French Fries Diced Pears 1% Milk <b>Snack-</b> WG Goldfish Crackers 1% Milk</p>
<p><b>24</b> <b>Breakfast-</b> WG Frosted Mini Spooners Cereal Diced Peaches 1% Milk <b>Lunch-</b> Cheese Pizza Baby Carrots w/ranch Fruit Cocktail 1% Milk <b>Snack-</b> Jelly Sandwich 1% Milk</p>	<p><b>25</b> <b>Breakfast-</b> French Toast Sticks Applesauce 1% Milk <b>Lunch-</b> Meatballs Mashed Potatoes WG Dinner Roll Diced Pears 1% Milk <b>Snack-</b> WG Bug Bites 1% Milk</p>	<p><b>26</b> <b>Breakfast-</b> WG Bagel Mandarin Oranges 1% Milk <b>Lunch-</b> Chicken Patty on a Bun Potato Smiles Pineapple Tidbits 1% Milk <b>Snack-</b> Ritz Crackers 1% Milk</p>	<p><b>27</b> <b>Breakfast-</b> Crispy Rice Cereal Fruit Cocktail 1% Milk <b>Lunch-</b> Taco Casserole w/Whole Wheat Tortilla Shells Lettuce Applesauce 1% Milk <b>Snack-</b> Cheese It Crackers 1% Milk</p>	<p><b>28</b> <b>Breakfast-</b> English Muffin Pineapple Tidbits 1% Milk <b>Lunch-</b> Scalloped Potatoes w/Ham WG Dinner roll Diced Peaches 1% Milk <b>Snack-</b> WG Tortilla Chips &amp; Salsa 1% Milk</p>
				<p><b>Menu Subject to Change</b></p>