



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

JULY 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <b>Breakfast-</b> WG Kix Cereal Banana 1% Milk <b>Lunch-</b> Chicken Breast on a bun Baked Beans Diced Pears 1% Milk <b>Snack-</b> Breadstick w/pizza sauce 1% Milk</p>	<p><b>2</b> <b>Breakfast-</b> Toast Applesauce 1% Milk <b>Lunch-</b> Sub Sandwich on a Bun Baby Carrots Pineapple Tidbits 1% Milk <b>Snack-</b> Graham Crackers 1% Milk</p>	<p><b>3</b> <b>Breakfast-</b> WG Pancakes Mandarin Oranges 1% Milk <b>Lunch-</b> Hamburger on a Bun French Fries Diced Peaches 1% Milk <b>Snack-</b> Cheese Slices Saltines Water</p>	<p><b>4</b> <b>HAVE A SAFE &amp; HAPPY 4TH!!</b></p>	<p><b>5</b> <b>Breakfast-</b> WG Cherrios Cereal Pineapple Tidbits 1% Milk <b>Lunch-</b> Hot Dog on a bun Broccoli Applesauce 1% Milk <b>Snack-</b> WG Scooby Snacks 1% Milk</p>
<p><b>8</b> <b>Breakfast-</b> Crispy Rice Cereal Fruit Cocktail 1% Milk <b>Lunch-</b> WG Chicken Nuggets Broccoli w/ranch Diced Peaches 1% Milk <b>Snack-</b> WG Bug Bites 1% Milk</p>	<p><b>9</b> <b>Breakfast-</b> WG Bagel Diced Pears 1% Milk <b>Lunch -</b> BBQ on a Bun Corn Pineapple Tidbits 1% Milk <b>Snack-</b> WG Ranch Cracker Bites 1% Milk</p>	<p><b>10</b> <b>Breakfast-</b> WG Frosted Mini Spooners Applesauce 1% Milk <b>Lunch-</b> Chicken Taco WW Tortilla Shall Lettuce Mandarin Oranges 1% Milk <b>Snack-</b> String Cheese Saltines Water</p>	<p><b>11</b> <b>Breakfast-</b> French Toast Sticks Pineapple Tidbits 1% Milk <b>Lunch-</b> Tatar Tot Casserole w/Green Beans WG Dinner Roll Diced Pears 1% Milk <b>Snack-</b> Graham Cracker Water</p>	<p><b>12</b> <b>Breakfast-</b> Oatmeal Diced Peaches 1% Milk <b>Lunch-</b> Bologna &amp; Cheese on a Bun Baby Carrots Applesauce 1% Milk <b>Snack-</b> Ritz Crackers 1% Milk</p>
<p><b>15</b> <b>Breakfast-</b> WG Cherrios Cereal Banana 1% Milk <b>Lunch-</b> Hot Dog on a Bun French Fries Fruit Cocktail 1% Milk <b>Snack-</b> Cheese Saltines Water</p>	<p><b>16</b> <b>Breakfast-</b> WG Pancakes Diced Peaches 1% Milk <b>Lunch-</b> Beef Taco Lettuce Pineapple Tidbits 1% Milk <b>Snack-</b> WG Tortilla Chips &amp; Salsa 1% Milk</p>	<p><b>17</b> <b>Breakfast-</b> Toast Applesauce 1% Milk <b>Lunch-</b> Chicken Patty on a bun Mixed Vegetable Diced Pears 1% Milk <b>Snack-</b> WG Goldfish Crackers 1% Milk</p>	<p><b>18</b> <b>Breakfast-</b> English Muffin Pineapple Tidbits 1% Milk <b>Lunch-</b> Nachos Lettuce w/ ranch WG Tortilla Chips Diced Peaches 1% Milk <b>Snack-</b> WG Animal Crackers 1% Milk</p>	<p><b>19</b> <b>Breakfast-</b> WG Kix Cereal Fruit Cocktail 1% Milk <b>Lunch-</b> Hot Ham &amp; Cheese on a Bun Baby carrots w/ranch Applesauce 1% Milk <b>Snack-</b> Mini Pretzels 1% Milk</p>
<p><b>22</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>23</b> <b>Breakfast-</b> WG Biscuits Applesauce 1% Milk <b>Lunch-</b> Hamburger on a bun French Fries Diced Peaches 1% Milk <b>Snack-</b> WG Bug Cracker 1% Milk</p>	<p><b>24</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 1% Milk</p>	<p><b>25</b> <b>Breakfast-</b> French Toast Diced Peaches 1% Milk <b>Lunch-</b> Sub Sandwich Potato Salad Fruit Cocktail 1% Milk <b>Snack-</b> Ranch Crackers 1% Milk</p>	<p><b>26</b> <b>Breakfast-</b> WG Kix Cereal Orange Slices 1% Milk <b>Lunch-</b> Chicken Taco on WW Tortilla Shell Lettuce w/Ranch Applesauce 1% Milk <b>Snack-</b> Cheese It Crackers 1% Milk</p>
<p><b>29</b> <b>Breakfast-</b> WG Crispy Rice Cereal Banana 1% Milk <b>Lunch-</b> Tatar Tot Casserole Green Beans Dinner Roll Diced Pears 1% Milk <b>Snack-</b> Bread Stick w/pizza sauce 1% Milk</p>	<p><b>30</b> <b>Breakfast-</b> English Muffin 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>31</b> <b>Breakfast-</b> WG Cherrios Pineapple Tidbits 1% Milk <b>Lunch-</b> WG Chicken Nuggets Broccoli Applesauce 1% Milk <b>Snack-</b> String Cheese Saltine Crackers Water</p>		<p><b>Menu Subject to Change</b></p>