



NORTHEAST SOUTH DAKOTA

February 2023

One percent milk is served with breakfast and lunch. Breakfast and snack are the same at AM/PM centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Breakfast WG Cereal/ Yogurt/Fruit Lunch Fish Sticks Green Beans Tropical Fruit Snack Oven Baked Pancakes A6 / Milk	1 Breakfast WG Toast / Scrambled Eggs Fruit Lunch Three Cheese Sandwich D68 Tomato Soup Apples Snack Bagel w/ Cream Cheese/ Milk		
Breakfast Yogurt Banana Lunch Chicken Strips Mash Potato Oranges Snack WG Popcorn Milk	6 Breakfast WG Kix / Pears Lunch Vegetable Cheese Soup H13 / Crackers Apple Halves Snack Cracker Milk	7 Breakfast Muffin Applesauce Lunch Chicken & Rice D47 Carrot/Celery Sticks Peaches Snack WG Cinnamon Toast Milk	8 Breakfast English Muffin PB or Jam Tropical Fruit Lunch Lasagna D19 Green Beans Peaches Snack WG Sun Chips / Milk		
Breakfast WG Oatmeal Banana Lunch Sausage Egg English Muffin / Green Beans Oranges Snack Honey Bunch of Oats Milk	13 Breakfast WG Life Original Fruit Lunch Hamburger on Bun Potato / Mandarin Oranges Snack Cheese & Crackers Milk	14 Breakfast Oven Baked Pan- cakes A6 Applesauce Lunch Meatballs/Mash Potato Fruit / Vegetable Snack Apple Slices / Milk Milk	15 Breakfast WG Toast w/ Jam Oranges Lunch Goulash D33 Baby Carrots Pears Snack Yogurt / Graham Milk	16 	
Holiday No School	20 Breakfast WG Toast / Scrambled Eggs/ Peaches Lunch Delicious Chicken D67 /Bread Oranges Snack Banana / Milk	21 Breakfast WG Quaker Oat Squares/Pears Lunch Macaroni & Cheese D20 / Veggie w/ Dip Apple Halves Snack Cinnamon Toast Milk	22 Breakfast Yogurt Pears Lunch Chicken Gravy over a Bread DD / Green Beans / Peaches Snack WG Cheerios Milk	23 Sisseton/Webster Breakfast English Muffin Applesauce Lunch Cook's Choice Snack WG Crackers/Milk	24
Breakfast English Muffin Banana Lunch Spaghetti D3 Tossed Salad Oranges Snack WG Cheese/Crackers Milk	27 Breakfast Waffles Applesauce Lunch BBQ on a Bun F8 Baked Beans Mandarin Oranges Snack WG Cereal Milk	28 			



Healthy Habits Start Early

Start the children on the path to healthy eating and daily activity.

Eat a variety of healthy foods daily and work in a total of 1 hour of active play throughout the day.

Maintaining a strong body and eating healthy foods can help prevent high blood pressure, diabetes, breathing problems, sleep apnea and joint problems later in life.

Try to eat 5 servings of vegetables and fruit daily (about a 1/2 c. serving of each).

Keep offering these foods even if they are not a hit right away. It takes children time to learn to like new foods.



Food Cost Saving Ideas

Cook meals from scratch. Shop sales. Compare prices per ounce or pound.

Plan meals around whole grain brown rice and whole grain noodles. Whole grains help you feel full longer, prevent constipation, help control appetite, balance blood sugar and remove cholesterol from the body.

Shop the outer aisles at the grocery store for the healthiest foods (vs. processed/boxed/convenience foods).

Try new recipes. Look online for cooking tips and shortcuts. Use a crockpot for easy meals.