



NORTHEAST SOUTH DAKOTA

September 2019

One percent milk is served with breakfast and lunch


MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
				Breakfast Whole Wheat Toast WG / Fruit Lunch Macaroni & Cheese D20 Green Beans/ Watermelon Snack Toast / Milk	4	Breakfast Life Original Cereal WG / Oranges Lunch Turkey Sandwich Baked Beans/Cantaloupe Snack Life / Milk	5
Breakfast Oatmeal WG / Fruit Lunch Tuna & Noodles w/ Cheese D29aR Peas / Fruit Snack Cereal / Milk	9	Breakfast Kix WG Oranges Lunch BBQ on Bun F12 Tater Tots / Peaches Snack Kix / Milk	10	Breakfast Bagels / Cream Cheese / Mixed Fruit Lunch Chicken Enchilada DC WG Tortilla Chips Mandarin Oranges Snack Bagels / Milk	11	Breakfast Waffles WG Applesauce Lunch Spaghetti D3 Green Beans / Apple Snack Waffles / Milk	12
Breakfast Cereal/Yogurt/ Fruit / Parfait G5 Lunch Taco Salad D24 WG Tortilla Chips Bread / Mandarin Oranges Snack Parfait / Milk	16	Breakfast Bran Flakes WG Apples Lunch Meatloaf D28 / Bread Mash Potatoes / Pineapple Snack Bran Flakes / Milk	17	Breakfast WW Toast WG Fruit Lunch Turkey Tetrazzini D45 Peas / Mixed Fruit Snack Toast / Milk	18	Breakfast Muffins Oranges Lunch WG Grilled Cheese F13 Tomato Soup / Crackers fruit Snack Muffins/Milk	19
Breakfast Alpha Bits WG Banana Lunch Macaroni & Cheese D20 Mixed Greens Red Apples Snack Alpha Bits/Milk	23	Breakfast Cinnamon Toast Oranges Lunch WG Chicken Salad Sandwich D46/ Potato Peaches Snack C. Toast/Milk	24	Breakfast English Muffin Pears Lunch Veg. Chili D26 Crackers WG Fruit Snack E. Muffin/Milk	25	Breakfast Quaker Oatmeal Sqaures WG / Fruit Lunch Hamburger / Bun Baked Beans Pineapple Snack Q.O.Sq's / Milk	26
Breakfast Waffles Strawberries Lunch Fish Sticks WG Broccoli and Dip Mandarin Oranges Snack Waffles/Milk	30			Menus available at: www.nesdhs.org Family Information section			



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Welcome to Head Start! The children will eat meals and snack family style.

Here are some benefits:

Muscle Control Eye/Hand Coordination	The children will pass bowls of food around the table and pour their own milk. They will cut foods and butter breads.
Responsibility Sharing	Children will take small amounts of food and know they can have more. They will share the food with others at the meal.
Decision Making	Each child decides which foods to eat and how much to eat. They also learn to recognize when their tummies are “full” so they know when to stop eating. <i>www.elleynsatter.com</i>
Table Manners	Children will say “please” and “thank you”, eat with their mouths closed, and use the silverware.
Communication	Table conversation is pleasant. Everyone takes turns speaking and listening.
Exposure to new foods 	Children are encouraged to taste all foods. They are not forced to eat it. It takes many exposures to a food before a child may accept it (10 or more times). Keep your comments <u>positive!</u>
Food is not used as reward or punishment.	Taking away outdoor play time is not used as a discipline tool.