



# NORTHEAST SOUTH DAKOTA

September 2021

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<b>Breakfast</b> MG Cheerios WG Oranges <b>Lunch</b> Chicken Strips Green Beans Watermelon <b>Snack</b> Toast Milk	8/31	<b>Breakfast</b> Waffles WG Applesauce <b>Lunch</b> Hamburger/Bun Oven Fries or Tots Fresh Fruit <b>Snack</b> Banana Milk	1	<b>Breakfast</b> Cereal WG/ Yogurt/ Fruit Parfait G5 <b>Lunch</b> Tuna Noodle Casserole D29a / Peas / Mandarin Oranges <b>Snack</b> Graham Crackers Milk	2	<b>Breakfast</b> Bagel with Cream Cheese Peaches <b>Lunch</b> Grilled Cheese WG F13 Tomato Soup Apples <b>Snack</b> Life / Milk	3
Holiday No School	6	<b>Breakfast</b> English Muffins Fresh Pears <b>Lunch</b> Chicken & Rice WG D47 Baby Carrots (Raw) Pears <b>Snack</b> Honey Kix WG / Milk	7	<b>Breakfast</b> French Toast Sticks WG Banana <b>Lunch</b> Macaroni & Cheese D20 Broccoli & Ranch Watermelon <b>Snack</b> Teddy Grahams / Milk	8	<b>Breakfast</b> Quaker Oat Squares WG Oranges <b>Lunch</b> BBQ on Bun Baked Beans Pineapple <b>Snack</b> English Muffin / Milk	9		
	<b>Breakfast</b> Scrambled Eggs D15 / Muffin/ Oranges <b>Lunch</b> Spaghetti D3 Vegetable-Mixed Apples <b>Snack</b> Milk Cinnamon Chex WG	13	<b>Breakfast</b> Bagels & Cream Cheese/Peaches <b>Lunch</b> Chicken Enchilada DC (Tortilla Chips WG-side) Corn or Salsa Mandarin Oranges <b>Snack</b> Muffin / Milk	14	<b>Breakfast</b> Cinnamon Toast Applesauce <b>Lunch</b> Turkey Sandwich WG Broccoli Salad E11 Tropical Fruit <b>Snack</b> Banana Milk	15	<b>Breakfast</b> Sunny Muffins D7a / Pears <b>Lunch</b> Fish Sticks WG Mash Potatoes Grapes <b>Snack</b> Yogurt / Grahams Water	16	
<b>Breakfast</b> Toast WG Grapes <b>Lunch</b> Taco Salad D24 Tortilla Chips or Shell Pears <b>Snack</b> Parfait G5 \ Milk	20	<b>Breakfast</b> English Muffin WG / Applesauce <b>Lunch</b> Chicken Alfredo D54 Green Beans Mandarin Oranges <b>Snack</b> Banana Milk	21	<b>Breakfast</b> Oatmeal WG Berries <b>Lunch</b> Meatloaf D28 Mash Potatoes Dinner Roll /Pineapple <b>Snack</b> Cheese chunks/ Crackers/ Water	22	<b>Breakfast</b> Frosted Mini Wheats WG Peaches <b>Lunch</b> Vegetable Cheese Soup H13 / Crackers Apples <b>Snack</b> Teddy Grahams / Milk	23	<b>Breakfast</b> Quick Bread or Muffin / Fruit <b>Lunch</b> Hamburger / Sweet Potato Fries / Fruit <b>Snack</b> Cinnamon Toast Milk	24
<b>Breakfast</b> Waffles WG Applesauce <b>Lunch</b> Pizza Casserole D32 Tossed Salad Apples <b>Snack</b> Toast Milk	27	<b>Breakfast</b> Wheat Chex WG Oranges <b>Lunch</b> Chicken Strips Green Beans w/ Cheese Peaches <b>Snack</b> Cheese Sticks Milk	28	<b>Breakfast</b> Scrambled Eggs D15 / Toast Peaches <b>Lunch</b> Grilled Cheese F13 WG Tomato Soup Grapes <b>Snack</b> Salsa / Tortilla Chips / Water	29	<b>Breakfast</b> Oven Baked Pan- cakes A6 Berries <b>Lunch</b> Meatballs-beef or pork Bread WG/Corn/Tropical Fruit <b>Snack</b> Graham Crackers Milk	30		



## Welcome to the new school year at Head Start!

We participate in the Child and Adult Care Food Program (CACFP).

Breakfast includes a grain, a fruit and milk. Sometimes we can include a protein such as eggs in place of the grain, or with the grain.

Lunch includes a grain, meat, fruit, vegetable and milk.

Snack will be foods from two different food groups.

Foods from all these food groups provide nutrients to help children grow!

You can find our menus are on our website each month in the

*Family Information* section: [www.nesdhs.org](http://www.nesdhs.org)

## Family Style Meals and Snacks

Staff and children sit together at the table. Foods and beverages are passed around the table. Children learn to serve themselves. This does get better with practice! Yes, spills do happen. Children clean up their own spills. They also take their plate to the scrape table at the end of the meal and snack.

Table manners and pleasant conversation is also taking place. Staff talk with the children about the food served: the color, texture and where the food comes from. How does the food help our bodies?

Staff gently encourage everyone to try new foods. We don't give up. It sometimes takes many tastes before liking. Children can decline a food. Staff also talk about being hungry and that it's okay to have seconds. If their stomach feel full, it's okay to stop eating. Overeating can lead to unnecessary weight gain.

It's really fun to see children discover new foods they like. Seeing their friends and teachers eating the foods increases their willingness to try.