



NORTHEAST SOUTH DAKOTA

OCTOBER 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		
Breakfast Kix Cereal WG Banana Lunch Swiss Steak Cubes D31 Egg Noodles Green Beans Apples Snack Toast/Milk	4	Breakfast English Muffins Pears Lunch Chicken & Rice WG D47 Baby Carrots (Raw) Tropical Fruit Snack Cheese Stick Milk	5	Breakfast French Toast Sticks WG Peaches Lunch Macaroni & Cheese D20 Broccoli & Ranch Mandarin Oranges Snack Teddy Grahams / Milk	6	Breakfast Quaker Oat Squares WG Oranges Lunch BBQ on Bun Baked Beans Pineapple Snack Yogurt / Milk	7	8		
Holiday No School		Breakfast Cheerios WG Peaches Lunch Fish Sticks Mash Potatoes Mandarin Oranges Snack Grahams Crackers Milk	12	Breakfast Cinnamon Toast WG Applesauce Lunch Turkey Sandwich Tater Tots Apples Snack Yogurt Milk	13	Breakfast Bagels w/ Cream Cheese / Pears Lunch Vegetable Chili D26 Crackers Oranges Snack Wheat Thins WG Milk	14	<i>Sisseton/Webster:</i> Breakfast Muffin Strawberries Lunch Tuna Noodle Casserole D29a / Peas / Mandarin Oranges Snack Frosted Mini Wheats WG / Milk		15
Breakfast Toast WG Pears Lunch Chicken Strips Green Beans Peaches Snack Honey Bunch of Oats Milk	18	Breakfast English Muffin Mixed Fruit Lunch Grilled Cheese WG Tomato Soup Apple Snack Tortilla Chips / Salsa Water	19	Breakfast Waffles WG Applesauce Lunch Meatballs / Mash Potatoes / Bread Pineapple Snack Cheese Sticks Milk	20	Breakfast Life Original WG Peaches Lunch Vegetable Cheese Soup H13 / Crackers Oranges Snack Teddy Grahams / Milk	21	22		
Breakfast Waffles WG Applesauce Lunch Hamburger on Bun Tossed Salad Apples Snack Toast Milk	25	Breakfast Wheat Chex WG Oranges Lunch Fish Sticks Green Beans Peaches Snack Cheese Sticks Milk	26	Breakfast Cinnamon Toast WG Peaches Lunch Chicken Alfredo D54 Broccoli Mandarin Oranges Snack Yogurt Milk	27	Breakfast Bagel w/ Cream Cheese / Lunch Meatloaf D28 Bread WG / Corn / Tropical Fruit Snack Graham Crackers Milk	28			



Happy Fall!

We are introducing new foods to children. We offer foods many times and find that children will learn to like new foods when they have many opportunities to try it. We provide new foods with lots of encouragement to try them. Staff keep the conversation positive about foods. Children are listening and following what they see the adults do and say.

If you are interested in seeing our recipes, you are welcome to ask for a copy. We are always looking for new recipes too. Give them to your cooks and we will try to get them on the menus.

Thank you!

Frequent snacking can lead to weight gain and obesity. Here are some snack ideas:

*Choose fruits and vegetables of different colors.

*Try salsa.

There are also fruit salsas like mango or peach.

Serve with fresh sliced vegetables.

*Make popcorn with an air popper instead of the less healthy microwave popcorn.

*Breakfast and lunch foods make good snacks:

Oatmeal with banana and cinnamon

Scrambled eggs in a pita pocket

Individual pizzas made on an English Muffin

*Have kids help make meals and snacks.

*Kids are more likely to try foods they help make.

*Make kabobs of fruit and cheese on toothpicks.

*Use cookie cutters to cut out fun sandwiches.

*Spread cream cheese or peanut butter on rice cakes or apple slices.

Have fun!