



NORTHEAST SOUTH DAKOTA

December 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 WG Fr. Mini Wheats Mandarin Oranges Lunch Hamburger on Bun Corn / Carrot Sticks Snack Fr. Toast Strips/Milk	1	Breakfast Bagel w/ Cream Cheese Pineapple Lunch Parmesan Chicken D5 WG Bread Peas / Mixed Fruit Snack Snack Mix / Milk	2	SISSETON & WEBSTER ONLY: 3 Breakfast WG Waffles / Applesauce Lunch Fish Sticks/Baked Beans / Apples Snack Cinnamon Toast Milk	
Breakfast Yogurt Banana Lunch Pizza Burger on Bun Salad Peaches Snack WG Cracker Milk	6	Breakfast French Toast Strips / Pears Lunch Meat/Cheese Wrap Potato Mandarin Oranges Snack WG Popcorn Milk	7	Breakfast Muffin Applesauce Lunch Vegetable Cheese Soup H13 / Crackers Grapes Snack WG Scooby Grahams Milk	8	Breakfast Toast w/ Peanut Butter or Jam Pineapple Lunch Chicken Strips Mash Potatoes Apples Snack WG Sun Chips / Milk	9		
Breakfast Bagels & Cream Cheese/Banana Lunch Chicken Patty w/ WG Bun or Bread Green Beans/Oranges Snack Honey Bunch of Oats Milk	13	Breakfast WG Quaker Oat Squares / Fruit Lunch Lasagna w/ Bow Ties Broccoli / Fruit Snack Cheese & Crackers Water	14	Breakfast WG Cinnamon Toast Applesauce Lunch Chicken & Rice D47 Peas and Carrots Apple Snack Grahams / Milk	15	Breakfast WG Life Cereal Pears Lunch Fish Sticks Potato Oranges Snack Yogurt / Milk	16		
Breakfast Parfait G5 w/ Banana Lunch Beef Fingers Mash Potatoes Mixed Vegetable Snack WG Toast Milk	20	Breakfast English Muffin Applesauce Lunch BBQ on a Bun F8 Baked Beans Mandarin Oranges Snack WG Animal Crackers Milk	21	Holiday for Children No School		Holiday No School			
	27		28	NO SCHOOL		NO SCHOOL		NO SCHOOL	
				NO SCHOOL		NO SCHOOL		NOTE: SISSETON & WEBSTER CHILDREN START TUESDAY 1-4-22. AM/PM CENTER CHILDREN START WEDNESDAY 1-5-22	



Hash Brown Pizza

Brown hash browns in one pan. (1 bag)

Brown onion and mushrooms and cubed ham (1 c.) in a separate pan.

Layer the following in a pan:

Hash browns / Ranch dressing / onions, mushrooms and ham / Ranch Dressing / Shredded cheese (1 c.) and bacon bits (optional).

Bake at 350°F. until cheese is melted and enjoy!

Crock Pot Chicken Tacos

1 lb. chicken, ground, diced or pulled, cooked

1-15 oz. can black beans

1 lb. bag corn, frozen

1 jar salsa

1 packet taco seasoning

Mix all items in a crockpot, heat and serve with chips or shells.

Baked Cream Cheese Spaghetti Casserole

6 oz. spaghetti noodles

1/2 clove garlic, minced

14 oz. spaghetti sauce

4 oz. cream cheese

1/2 lb. ground beef

1/4 c. parmesan cheese, grated

1/2 tsp. Italian seasoning

Preheat oven to 350°F. Brown ground beef. Drain and add to sauce. Cook and drain noodles. Add cream cheese, seasoning and garlic. Stir until cream cheese is melted and spaghetti is coated. Lightly grease a 9x9" pan. Spread small amount of meat sauce in pan. Put spaghetti on top of sauce and top with remaining sauce. Sprinkle cheese on top. Bake for 30 minutes, until bubbly.