



NORTHEAST SOUTH DAKOTA

November 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 Toast / Peanut Butter / Banana Lunch Macaroni & Cheese D20 Carrot/Celery Sticks Fruit Snack Sun Chips Salsa	1	Breakfast Bagel/Cr. Cheese/ Applesauce Lunch Chicken Enchilada DC WG Tortilla Chips/ Corn Fruit Snack Saltine Crackers	2	Breakfast WG Fr. Mini Wheats Apples Lunch Sandwich Potato Peaches Snack English Muffin/Milk	3	Breakfast French Toast Strips Strawberries Lunch Chicken Strips Baby Carrots Peaches Snack Milk WG Cinnamon Chex Milk	4	SISSETON & WEBSTER ONLY: Breakfast WG Kix / Apples Lunch Turkey Cheese Sandwich / Tator Tots Oranges Snack Cinnamon Toast Milk	5
Breakfast Parfait G5 Lunch Hamburger on Bun Green Beans w/ Cheese/ Peaches Snack WG Cracker Milk	8	Breakfast English Muffins Fresh Pears Lunch Fish Sticks Tots Mandarin Oranges Snack WG Honey Kix Milk	9	Breakfast Muffin Applesauce Lunch Vegetable Cheese Soup H13 / Crackers Grapes Snack WG Teddy Grahams / Milk	10	HOLIDAY NO SCHOOL			
Breakfast Bagels & Cream Cheese/Banana Lunch Tator Tot Hotdish D31a WG Bread Oranges Snack Honey Bunch of Oats Milk	15	Breakfast French Toast Strips / Strawberries Lunch Chicken Strips Mash Potatoes / Fruit Snack Cheese Sticks WG Crackers / Water	16	Breakfast WG Cinnamon Toast Applesauce Lunch Turkey Tetrazzini Peas and Carrots Apple Snack Muffin / Milk	17	Breakfast WG Life Cereal/ Pears Lunch Grilled Cheese F13 Tomato Soup or Vegetable/ Peaches Snack Yogurt / Grahams Water	18		
Breakfast Parfait G5 w/ Banana Lunch Pocket Hotdish D52 Lettuce Apple Snack WG Toast Milk	22	Breakfast English Muffin Applesauce Lunch Spaghetti D3 Green Beans Mandarin Oranges Snack WG Animal Crackers Milk	23	Holiday for Children No School		24	Holiday No School		25
Breakfast Waffles Fruit Lunch Chicken Strips Green Beans w/ Cheese Apples Snack WG Cinnamon Toast Milk	29	Breakfast WG Wheat Chex Oranges Lunch Pizza Casserole D32 Baby Carrots Peaches Snack Cheese Sticks Milk	30						



YUMMY CORN CASSEROLE

1 EGG

8-OZ. SOUR CREAM

1/3 C. BUTTER, MELTED

15 OZ. CAN WHOLE CORN, DRAINED

15 OZ. CAN CREAMED CORN

1 SMALL CORNBREAD MIX (7.5 OZ.)

MIX ALL INGREDIENTS TOGETHER AND PLACE IN A 2 QUART BAKING DISH.
BAKE FOR 45 MINUTES AT 350°F.