



# NORTHEAST SOUTH DAKOTA

January 2022

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>Sisseton Start:</b> <b>Breakfast</b> WG Waffles Applesauce <b>Lunch</b> Fish Sticks/Baked Beans / Apples <b>Snack</b> Cinnamon Toast Milk	<b>Webster Start:</b> <b>Breakfast</b> Bagels & Cream Cheese/Fruit <b>Lunch</b> Chicken Patty w/ WG Bun or Bread Green Beans/Oranges <b>Snack Milk</b> Honey Bunch of Oats	<b>AM/PM Start:</b> <b>Breakfast</b> WG Frosted Mini Wheats Mandarin Oranges <b>Lunch</b> Hamburger on Bun Fries / Sliced Pears <b>Snack</b> Fr. Toast Strips/Milk	<b>Breakfast</b> WG Cheerios Mixed Fruit <b>Lunch</b> Grilled Meat/Cheese Sandwich Green Beans Mandarin Oranges <b>Snack</b> Yogurt/Graham/Milk	<b>WEBSTER ONLY:</b> <b>Breakfast</b> WG Waffles / Applesauce <b>Lunch</b> Fish Sticks Baked Beans / Apples <b>Snack</b> Cinnamon Toast Milk
<b>Breakfast</b> WG Fr. Toast Strips / Banana <b>Lunch</b> Broccoli Cheese Soup H5 / Crackers Green Apples <b>Snack</b> Banana Milk	<b>Breakfast</b> Bran Flakes Peach Slices <b>Lunch</b> Chicken Strips Mash Potatoes Baby Carrots <b>Snack</b> WG Popcorn Milk	<b>Breakfast</b> WG Toast w/ Peanut Butter or Jam Oranges <b>Lunch</b> Macaroni & Cheese D20 Mixed Vegetable Red Apples <b>Snack</b> Cracker / Milk	<b>Breakfast</b> Kix Pineapple <b>Lunch</b> Beef Fingers Raw veggies & dip Mandarin Oranges <b>Snack</b> WG Sun Chips Milk	
Holiday No School	<b>Breakfast</b> WG Life Original Oranges <b>Lunch</b> Fish Sticks Mash Potatoes Red Apples <b>Snack</b> Cheese & Crackers Milk	<b>Breakfast</b> WG Cinnamon Toast Applesauce <b>Lunch</b> Chicken & Rice D47 Peas and Carrots Apple <b>Snack</b> Yogurt/Cracker/Milk	<b>Breakfast</b> WG Cereal Pears <b>Lunch</b> Meatloaf D28 Mash Potato / Bread Corn <b>Snack</b> Tortilla Chips/ Salsa Milk	<b>Sisseton and Webster.</b> Cook's Choice <b>Breakfast</b>  <b>Lunch</b>  <b>Snack</b>
<b>Breakfast</b> Parfait G5 w/ Banana <b>Lunch</b> Scrambled Eggs D15 Toast Potato / Fruit <b>Snack</b> WG Toast Milk	<b>Breakfast</b> English Muffin Peanut Butter Applesauce <b>Lunch</b> BBQ on a Bun F12 Baked Beans Mandarin Oranges <b>Snack Milk</b> WG Quaker Oat	<b>Breakfast</b> WG Cinnamon Chex/ Fruit <b>Lunch</b> Parmesan Chicken D5 Peas / Bread Apples <b>Snack</b> Vegetable Thins Milk	<b>Breakfast</b> Muffin or Quick Bread / Fruit <b>Lunch</b> Sandwich Tomato Soup Fruit <b>Snack</b> WG Blue Tortilla Chips Milk	
<b>Breakfast</b> WG Toast Banana <b>Lunch</b> Hamburger on Bun Potato Apple <b>Snack</b> Banana Milk		Note: Sisseton starts again on January 3	Note: Webster starts again on January 4	Note: AM and PM classes start again on January 5

## creamy avocado dip

- 1 avocado
- ½ cup plain yogurt
- 1 tablespoon lime juice
- 1 teaspoon chopped cilantro
- ½ teaspoon garlic powder

1. Remove core and peel from avocado. Mash avocado.
2. Stir all ingredients together, or blend in a food processor.



Dip raw veggies.  
Top your burrito or  
taco with a spoonful  
of this dip.



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## dip de aguacate cremoso

- 1 aguacate
- ½ taza de yogur sin sabor
- 1 cucharada de jugo de lima
- 1 cucharadita de cilantro picado
- ½ cucharadita de ajo en polvo

1. Retira el hueso y la piel del aguacate y aplástalo.
2. Mezcla todos los ingredientes juntos, o ponlos en un procesador de alimentos.



Moja las verduras  
crudas en este dip.  
Cubre tu burrito o taco  
con una cucharada  
de este dip.



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