



NORTHEAST SOUTH DAKOTA

March 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
	Breakfast Waffles Fruit Lunch Hamburger on Bun Potato Apples Snack WG Frosted Mini Wheats/Milk <p style="text-align: right;">1</p>	Breakfast WG Chex Pineapple Lunch Grilled Cheese F13 Tomato Soup/ Crackers/ Peaches Snack Cinnamon Toast Milk <p style="text-align: right;">2</p>	Breakfast Muffin or Quick Bread Mandarin Oranges Lunch Fish / Baked Beans Baby Carrots Snack WG Triscuits/ Milk <p style="text-align: right;">3</p>	
Breakfast Honey Bunch Oats / Banana Lunch Chicken Strips Mash Potato Oranges Snack WG Popcorn Milk <p style="text-align: right;">7</p>	Breakfast WG Kix / Pears Lunch Tater Tot Hotdish D31A / Bread Carrot & Celery Sticks Peaches Snack Goldfish Crackers Milk <p style="text-align: right;">8</p>	Breakfast WG Toast Applesauce Lunch Macaroni & Cheese D20 Vegetable and Dip Peaches Snack Grahams Milk <p style="text-align: right;">9</p>	Breakfast Pancakes Tropical Fruit Lunch PB&J Sandwich/ Cheese Chunks / Chick- en Noodle Soup Baby Carrots/ Apples Snack WG Sun Chips Milk <p style="text-align: right;">10</p>	
Breakfast WG Kix Banana Lunch Hamburger on Bun Salad / Peaches Snack Yogurt Milk <p style="text-align: right;">14</p>	Breakfast WG Frosted Mini Wheats / Apples Lunch Chicken Patty (Bread if needed) / Potato Oranges Snack Graham Crackers / Milk <p style="text-align: right;">15</p>	Breakfast WG Toast Applesauce Lunch Veg-Cheese Soup H13 / Crackers Fruit Snack Cheese/ Crackers Milk <p style="text-align: right;">16</p>	Breakfast WG Life Cereal Oranges Lunch Green Eggs & Ham (or Cheese) / English Muffin Green Apples / Veggie Snack Bagel w/ Cream Cheese/ Milk <p style="text-align: right;">17</p>	
Breakfast Waffles Applesauce Lunch Goulash D33 Tossed Salad Oranges Snack Banana Milk <p style="text-align: right;">21</p>	Breakfast WG Toast Fruit Lunch Turkey or Ham & Swiss Cheese on Bun Chicken Noodle Soup Carrot & Celery Sticks Fruit Snack Crackers/Milk <p style="text-align: right;">22</p>	Breakfast WG Quaker Oat Squares/Pears Lunch Chicken Gravy & Biscuits / Mash Potato Mandarin Oranges Snack Cereal Milk <p style="text-align: right;">23</p>	Breakfast English Muffin Oranges Lunch Cheese Sandwich Baked Beans Peaches Snack WG Cheerios Milk <p style="text-align: right;">24</p>	Breakfast Cereal Apples Lunch <u>Cook's Choice</u> Snack WG State Crackers <p style="text-align: right;">25</p>
Breakfast WG Chex Oranges Lunch Turkey or Chicken Te- trazzini D45 / Baby Car- rots / Apples Snack Chex Mix Milk <p style="text-align: right;">28</p>	Breakfast Bagels Applesauce Lunch WG Fish Green Beans Peaches Snack WG Animal Crackers Milk <p style="text-align: right;">29</p>	Breakfast WG Toast Fruit Lunch Spaghetti D3 Carrots Pears Snack Cheese Cubes Milk <p style="text-align: right;">30</p>	Breakfast Waffles Applesauce Lunch Meat or Cheese Sandwich / Tomato Soup/Crackers/Apples Snack WG Tortilla Chips Salsa / Milk <p style="text-align: right;">31</p>	

I eat my A,B,C's because vitamins help me GROW!

Vitamins are important for you to grow. Your body needs a certain amount of vitamins each and every day. They can be found in the food you eat.

Vitamin A Helps me see. 

Vitamin B Gives me energy. 

Vitamin C Helps me stay healthy. 

Vitamin D Makes my bones strong. 

Vitamin E Feeds my brain. 