



NORTHEAST SOUTH DAKOTA

December 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 Toast w/ PB or Jam Pineapple Lunch Chicken Gravy over Biscuit DD / Vegetable Fruit Snack WG Cereal Milk	1		
Breakfast Yogurt Banana Lunch Spaghetti D3 Salad Peaches Snack WG Cracker Milk	5	Breakfast French Toast Strips / Pears Lunch Meat/Cheese Wrap Potato Mandarin Oranges Snack WG Popcorn Milk	6	Breakfast WG Toast w/ PB or Jam Applesauce Lunch Chicken (cook choice) Side Dish of Rice D47 (w/o the chicken) Peas & Carrots/Apple Snack Grahams / Milk	7	Breakfast Cereal Pineapple Lunch Mini Meatloaf Pattie D66 Mash Potatoes / Bread Apples Snack WG Sun Chips Milk	8		
Breakfast Bagels & Cream Cheese Banana Lunch Scrambled Eggs Sausage / Tri Tator WG Toast / Oranges Snack Milk Honey Bunch of Oats	12	Breakfast WG Quaker Oat Squares Fruit Lunch Lasagna w/ Bow Ties D19 Broccoli / Fruit Snack Cheese & Crackers/Water or Milk	13	Breakfast Muffin Applesauce Lunch Vegetable Cheese Soup H13 / Crackers or Bread / Fruit Snack WG Cereal / Milk	14	Breakfast WG Life Cereal Pears Lunch Chicken & Waffles D65 / Baby Carrots Fruit Snack Yogurt Milk	15	SISSETON & WEBSTER ONLY: Breakfast English Muffin w/PB or Jam Fruit Lunch Fish Sticks Baked Beans / Apples Snack WG Cinnamon Toast Milk	16
Breakfast Parfait G5 w/ Banana Lunch Meatballs Mash Potato / Bread Mixed Vegetable Snack WG Toast Milk	19	Breakfast Sunny Muffin D7a / Fruit Lunch Sandwich/ Chicken Noodle Soup (canned) Crackers/ Fruit / Veg Snack WG Cracker Milk	20	Breakfast Breakfast Casserole D16 Fruit Lunch BBQ on a Bun F8 Baked Beans Mandarin Oranges Snack WG Cereal / Milk	21	COOK'S CHOICE Breakfast Lunch Snack	22		
	26		27		28		29	NOTE: SISSETON & WEBSTER CHILDREN START MONDAY 1-9-23. AM/PM CENTER CHILDREN START WEDNESDAY 1-11-23.	
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL			

pumpkin pancakes

a yummy breakfast treat!

1 cup milk
 1 egg
 ¾ cup canned
 pumpkin
 ½ cup vanilla yogurt

1 cup flour
 1 tablespoon sugar
 2 teaspoons
 baking powder
 ½ teaspoon cinnamon

1. Combine the milk, egg, pumpkin and yogurt together in a large bowl.
2. Add the flour, sugar, baking powder and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk if you want a thinner batter.
3. Heat a non-stick skillet over medium heat. Spoon batter onto the hot skillet to form pancakes. Cook pancakes until brown on both sides.



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panqueques de calabaza

¡un desayuno delicioso!

1 taza de leche
 1 huevo
 ¾ de taza de
 calabaza enlatada
 ½ taza de yogurt de vainilla

1 taza de harina
 1 cucharada de azúcar
 2 cucharaditas de
 polvo de hornear
 ½ cucharadita de canela

1. Mezcla la leche, el huevo, la calabaza y el yogurt en un bol grande.
2. Agrega la harina, el azúcar, el polvo de hornear y la canela. Revuelve la mezcla hasta que esté apenas húmeda. Agrega un poco más de leche si deseas una mezcla más liviana.
3. Calienta una sartén antiadherente a calor mediano. Con una cuchara vierte la mezcla en la sartén caliente para formar panqueques. Cocina los panqueques hasta que estén dorados de ambos lados.



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