



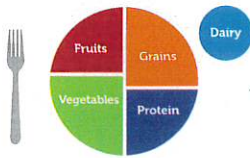
NORTHEAST SOUTH DAKOTA

November 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 Bagel/Cr.Cheese Banana Lunch Tuna Noodle Casserole D29A Peas Fruit Snack Wheat Thins WG / Milk	Breakfast WG Frosted Mini Wheats Apples Lunch Sandwich Potato Pears Snack English Muffin/Milk	Breakfast Cinnamon Toast Oranges Lunch Chicken Strips Baby Carrots Peaches Snack Milk WG Cinnamon Chex Milk	
Breakfast Yogurt/Fruit/ Cereal Parfait G5 Lunch Tater Tot Hotdish D31a WG Bread Oranges Snack Cracker Milk	Breakfast English Muffins Pears Lunch Goulash D33 Baby Carrots / Ranch Mandarin Oranges Snack WG Honey Kix Milk	Breakfast Muffin Applesauce Lunch Cheesy Potato Soup H12 / Crackers Fruit Snack Wheat Thins WG Milk	Breakfast Toasted Oats WG Oranges Lunch Sloppy Joe/Bun F12 Baked Beans Pineapple Snack Toast	
Breakfast Oatmeal w/ Cinnamon WG Banana Lunch Hamburger on Bun Green Beans Peaches Snack Honey Bunch of Oats	Breakfast Scrambled Eggs D15 / Toast WG Oranges Lunch Chicken Strips Mash Potatoes / Fruit Snack Crackers Milk	Breakfast WG Cinnamon Toast Applesauce Lunch Turkey Tetrazzini D45 Peas and Carrots Apple Snack Yogurt/ Milk	Breakfast WG Life Cereal/ Pears Lunch Grilled Cheese F13 Tomato Soup Fruit Snack Popcorn Milk	SISSETON & WEBSTER ONLY: Breakfast WG Kix / Apples Lunch Fish Sticks Baby Carrots Oranges Snack Cinnamon Toast Milk
Breakfast Toast WG Oranges Lunch Macaroni & Cheese D20 Lettuce Apple Snack Chex Cereal Milk	Breakfast English Muffin Applesauce Lunch Chicken Tortilla Soup H15 / Tortilla Chips Fruit Snack WG Wheat Thins Milk	<p style="text-align: center;">No Services For Children</p>	<p style="text-align: center;">No Services For Children</p>	
Breakfast Waffles Fruit Lunch Chicken Strips Green Beans Apples Snack WG Cinnamon Toast Milk	Breakfast WG Wheat Chex Oranges Lunch Fish Sticks Baby Carrots Peaches Snack Wheat Thins Milk	Breakfast Yogurt/Fruit/ Cereal Parfait G5 Lunch Sloppy Joe/Bun F12 Potato Fruit Snack Sun Chips WG Milk		

Start simple
with MyPlate



Kitchen Time-Savers

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Shop with a plan

Prepare a shopping list before you head to the store so you can focus on what you need. To go faster, organize your list by store sections such as “produce,” “frozen foods,” etc.



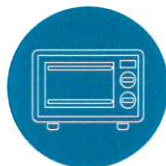
Prep ahead

When you have some time, wash, slice, and portion out fruits and veggies for quick snacks on-the-go. You can also prepare ahead some of the fresh ingredients for upcoming meals.



Enjoy veggies raw

Not cooking saves time, too! Cherry tomatoes, string beans, or sugar snap peas taste great as a side dish all on their own.



Use a toaster oven

Small, convenient, and quick-to-heat appliances can save both time and energy. They're perfect for broiling fish fillets, roasting small vegetables, or heating up a sandwich.



Plan for leftovers

Make larger recipes with enough servings for multiple meals to use that week or freeze for later. This reduces the number of times you need to prepare meals.



Use a slow cooker

Save time with easy slow cooker meals that require little “supervision.” Slow cooker soups and stews are also a good way to use up fresh vegetables that may be a little past their prime.