



One percent milk is served with breakfast and lunch. Breakfast and snack are the same at AM/PM centers.

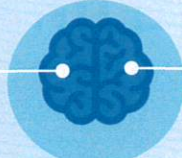
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>Sisseton and Webster start on Monday January 9.</p> <p>AM/PM Classes Start on Wednesday January 11.</p> | <p>Mobridge children return to classes Tuesday, January 10.</p> | <p>Check out the website at www.nesdhs.org under the Family Information tab. You'll find the menus with healthy tips and recipes on the back. The newsletter is full of fun information!</p> | | |
| <p>Breakfast WG French Toast Strips / Banana</p> <p>Lunch Broccoli Cheese Soup H5 / Dinner Roll Green Apples</p> <p>Snack Banana</p> | <p>Breakfast Scrambled Eggs/ WG Toast/ Peaches</p> <p>Lunch Chicken Strips Mash Potatoes Carrots</p> <p>Snack Yogurt Milk</p> | <p>Breakfast WG Toast w/ Peanut Butter or Jam / Oranges</p> <p>Lunch Spanish Rice D69 Meat (cook's choice) Broccoli and Dip Red Apples</p> <p>Snack Crackers / Milk</p> | <p>Breakfast WG Kix Pineapple</p> <p>Lunch Chicken Gravy Over-Biscuits DD Raw veggies & dip Mandarin Oranges</p> <p>Snack Crackers and Cottage Cheese / Milk</p> | |
| <p>16</p> <p>Holiday No School</p> | <p>17</p> <p>Breakfast WG Life Original Oranges</p> <p>Lunch Fish Sticks Mash Potatoes Red Apples</p> <p>Snack Cheese & Crackers Milk</p> | <p>18</p> <p>Breakfast WG Cinnamon Toast Applesauce</p> <p>Lunch Sausage & Cheese English Muffin D70 Baby Carrots / Pears</p> <p>Snack Yogurt/Cracker/Milk</p> | <p>19</p> <p>Breakfast WG Frosted Mini Wheats Pears</p> <p>Lunch Meatloaf D28 or D66 Mash Potato / Bread Corn</p> <p>Snack Waffle / Milk</p> | <p>20</p> <p>Sisseton and Webster: Cook's Choice</p> <p>Breakfast</p> <p>Lunch</p> <p>Snack</p> |
| <p>23</p> <p>Breakfast Parfait G5 w/ Banana</p> <p>Lunch Scrambled Eggs D15 Tri Tator / Toast Fruit</p> <p>Snack WG Toast Milk</p> | <p>24</p> <p>Breakfast English Muffin Peanut Butter Applesauce</p> <p>Lunch 3-Cheese Sandwich D68 / Tomato Soup Crackers / Fruit</p> <p>Snack WG Quaker Oat Squares / Milk</p> | <p>25</p> <p>Breakfast WG Cinnamon Chex/ Fruit</p> <p>Lunch Delicious Chicken D67 Vegetable Apples</p> <p>Snack Yogurt / Grahams Milk</p> | <p>26</p> <p>Breakfast Muffin or Quick Bread / Fruit</p> <p>Lunch BBQ on Bun F12 Baked Beans Mandarin Oranges</p> <p>Snack WG Sun Chips Milk</p> | |
| <p>30</p> <p>Breakfast WG Toast Banana</p> <p>Lunch Hamburger on Bun Potato Tossed Salad</p> <p>Snack Cereal Milk</p> | <p>31</p> <p>Breakfast Bagels w/ Cream Cheese / Fruit</p> <p>Lunch Chili D25 Bread / Fruit</p> <p>Snack Yogurt / WG Cracker Milk</p> | | <p>Eat a variety of foods from all food groups each day. Be active daily to maintain weight and to build strong bodies.</p> | <p>Practice healthy living each day. Teach children these habits to prevent high blood pressure, diabetes, breathing problems and joint problems.</p> |

Health Benefits of Physical Activity

FOR CHILDREN

Academic Performance

Improves attention and memory

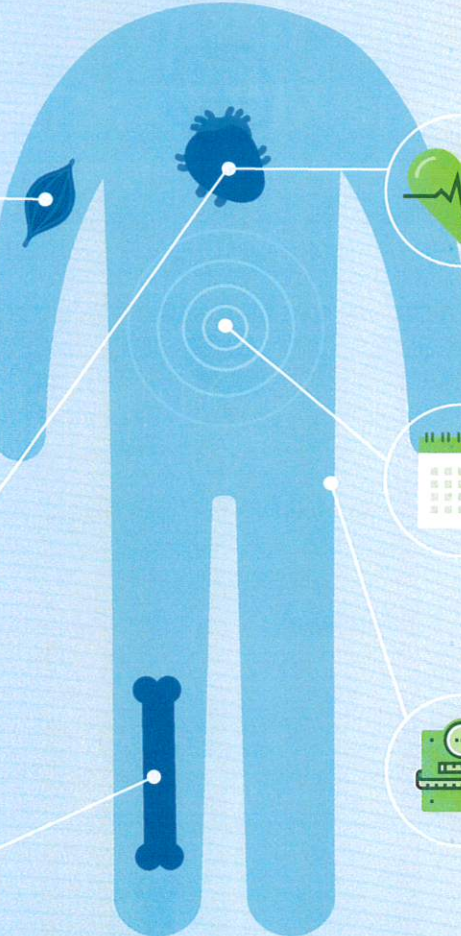


Brain Health

Reduces risk of depression

Muscular Fitness

Builds strong muscles and endurance



Heart and Lung Health

Improves blood pressure and aerobic fitness

Cardiometabolic Health

Helps maintain normal blood sugar levels

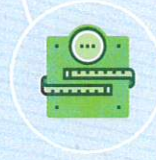
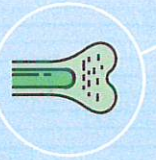


Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity

Bone Strength

Strengthens bones



Healthy Weight

Helps regulate body weight and reduce body fat



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

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