

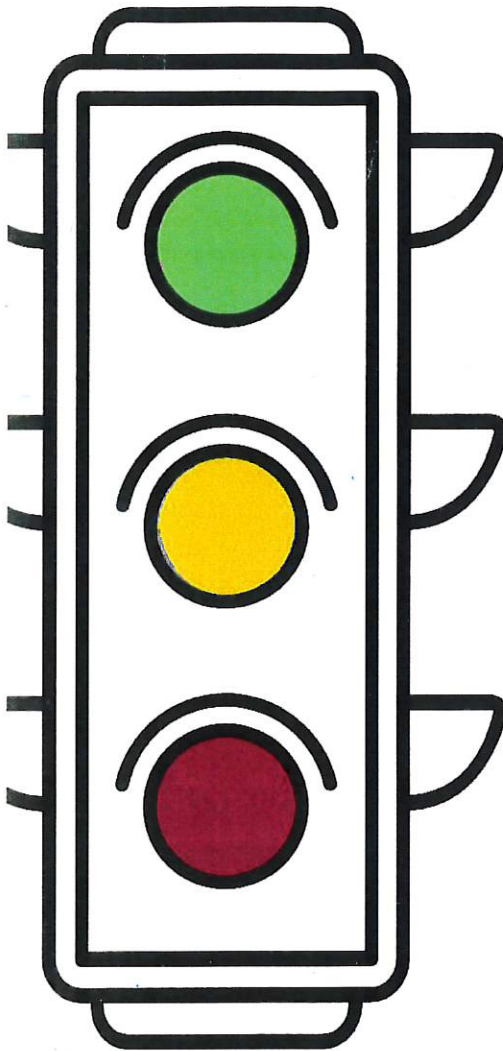


NORTHEAST SOUTH DAKOTA

March 2023

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 WG Chex Apple Lunch Grilled Cheese F13 Tomato Soup/Crackers/ Peaches Snack Cinnamon Toast Milk	1 Breakfast Muffin or Quick Bread Mandarin Oranges Lunch Fish / Baked Beans Baby Carrots Snack WG Triscuits Milk	
Breakfast Honey Bunch Oats / Banana Lunch Chicken Strips Mash Potato Oranges Snack WG Popcorn Milk	6 Breakfast WG Kix / Pears Lunch Tater Tot Hotdish D31A Bread Peaches Snack Yogurt Milk	7 Breakfast WG Toast Applesauce Lunch Macaroni & Cheese D20 Vegetable and Dip Peaches Snack Grahams Milk	8 Breakfast Pancakes A6 Tropical Fruit Lunch PB&J Sandwich/ Cheese Chunks / Chick- en Noodle Soup Baby Carrots/ Apples Snack WG Sun Chips/Milk	9 Sisseton/Webster Breakfast Cereal/Apples Lunch <u>Cook's Choice</u> Snack WG Crackers Milk
Breakfast WG Toasted Oats Banana Lunch Hamburger on Bun Salad / Peaches Snack Cheese / Crackers Milk	13 Breakfast WG Frosted Mini Wheats / Apples Lunch Scrambled Eggs D15 Potato / Toast Oranges Snack Graham Crackers	14 Breakfast WG Toast Applesauce Lunch Veg-Cheese Soup H13 Crackers Fruit Snack Yogurt Milk	15 Breakfast WG Life Cereal Oranges Lunch Chili D25 Crackers Green Apples Snack Bagel w/ Cream Cheese Milk	16
Breakfast Waffles Applesauce Lunch Goulash D33 Tossed Salad Oranges Snack WG Cereal Milk	20 Breakfast WG Toast Fruit Lunch Turkey or Ham & Cheese on Bun Carrot & Celery Sticks Fruit Snack Crackers/Milk	21 Breakfast WG Quaker Oat Squares/Pears Lunch Chicken Gravy & Bread DD/Mash Potato Mandarin Oranges Snack Apples Milk	22 Breakfast English Muffin Oranges Lunch Chicken Strips Baked Beans Peaches Snack WG Cheerios Milk	23
Breakfast WG Chex Oranges Lunch Chicken Tetrizzini D45 Baby Carrots Apples Snack Banana Milk	27 Breakfast Bagels Applesauce Lunch Fish Sticks Green Beans Peaches Snack WG Frosted Mini Wheats / Milk	28 Breakfast WG Toast Fruit Lunch Spaghetti D3 Carrots Pears Snack Cheese Cubes Crackers / Milk	29 Breakfast Waffles Applesauce Lunch WG Meat or Cheese Sandwich / Tomato Soup/Crackers/Apples Snack Yogurt / Grahams Milk	30



GO

Eat anytime

Go foods can be eaten almost anytime and include fruits and vegetables.



SLOW

Eat sometimes

Slow foods may be higher in fat, sugar, sodium and calories.



WHOA

Eat once in a while

Whoa foods are the highest in unhealthy fat and added sugars.



GO FOODS

Frequency: all meals

- Fresh, frozen or canned vegetables without any added fat or sauces
- All fresh, frozen, canned (in juice) fruits
- Whole grains
- Lean meat like chicken, turkey and tuna
- Low fat yogurt or cheese
- Egg whites

SLOW FOODS

Frequency: 1-2 times a day

- Vegetables with added fat or sauces
- 100% Juice
- Fruit canned in light syrup
- Baked fries
- Baked chicken nuggets
- Dried Fruits
- Processed Cheese

WHOA FOODS

Frequency: 1-2 times a week

- Pre-fried foods, like fish sticks
- Fruit canned in heavy syrup
- Waffles and pancakes with syrup
- Processed meats, hot dogs
- Muffins

Making smart and healthy food choices is as easy as Go, Slow, Whoa.

Learning the difference between foods they can have every day and foods that should be special treats can help grow healthy kids and help children establish lifelong healthy habits.