

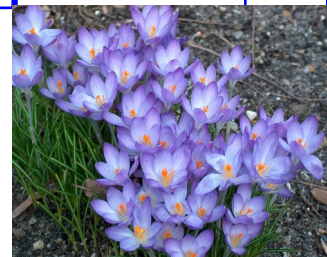


NORTHEAST SOUTH DAKOTA

MAY 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 Baked Pancakes A6 / Applesauce Lunch Chicken Strips Salad Fruit Snack WG Cereal Milk	1	Breakfast WG Toast Fruit Lunch Cheesy Potato Soup H12 / Crackers Fruit Snack Goldfish Crackers Milk	2	Breakfast WG Yogurt/ Cereal/ Fruit Parfait G5 Lunch Chicken & Rice D17 / Veggie / Fruit Snack Grahams Milk	3	Breakfast WG Chex Oranges Lunch Hamburger Baked Beans Apples Snack Yogurt Milk	4	Sisseton/Webster Cook's Choice- Breakfast Lunch Snack	5
Breakfast Waffles Oranges Lunch Meatballs / Bread Salad Apples Snack WG Toast Milk	8	Breakfast WG Kix Bananas Lunch Fish on Bun Vegetable Fruit Snack Fruit Milk	9	Breakfast WG Cereal Fruit Lunch Taco D24 Shells or Tortilla Chips Lettuce Fruit Snack Bagel w/ Cream Cheese	10	Breakfast Quick Bread/ Muffin Fruit Lunch WG Grilled Cheese Tomato Soup / Crackers Fruit Snack Yogurt	11	Sisseton/Webster Cook's Choice Breakfast Lunch Snack	12
Breakfast WG Cereal Oranges Lunch Pizza Casserole D32 Salad Pears Snack Banana Milk	15	Cook's Choice Breakfast Lunch Snack	16	Cook's Choice Breakfast Lunch Snack	17	Cook's Choice Breakfast Lunch Snack	18	ENJOY YOUR SUMMER!!!	





Too Busy to Cook?

- ⇒ Try planning and making meals ahead of time.
- ⇒ Make a big batch of soup or a casserole.
- ⇒ Cut up a bunch of veggies for the week.
- ⇒ Remember fresh, frozen and canned fruits and veggies are good choices to add to a meal.



Make Small Changes to Improve Your Family's Health

- Eat more whole fruits and veggies.
- Choose less sugary foods during the week.
- Drink more water vs. pop, fruit drinks or sugary coffees.
- If you drink juice, choose 100% fruit juice.
- Eat more whole grains-brown rice, oatmeal, or whole wheat bread. These keep you full longer and provide good fiber.