



NORTHEAST SOUTH DAKOTA

APRIL 2024

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Holiday No School	1	Breakfast WG Life Oranges Lunch Chicken Strips Mixed Vegetables Apples Snack Yogurt / Fruit Milk	2	Breakfast WG Cinnamon Toast Applesauce Lunch Scrambled Eggs D15 Potato/Bread/Fruit Snack Graham Cracker Milk	3	Breakfast Pancakes A6 Berries Lunch Meatloaf D28 Green Beans/WG Bread Pineapple Snack Cheese & Crackers Milk	4		
	8	Breakfast WG Yogurt/Fruit Parfait G5 Lunch Hamburger/ Bun Mixed Greens Salad Baby Carrots Snack Banana Milk	9	Breakfast WG Frosted Mini Wheats/Oranges Lunch Delicious Chicken D67 Apples Snack Traffic Light Snack G6 Milk	10	Breakfast WG Cinnamon Toast Applesauce Lunch Fish Sticks Broccoli w/ Dip Mandarin Oranges Snack Quick Bread or Muffin / Milk	11		
	15	Breakfast WG Toasted Oats / Banana Lunch Egg Salad Sandwich Potato Baby Carrots Snack Cheese & Crackers Milk	16	Breakfast WG Kix Oranges Lunch Chicken & Rice D47 Peas Peaches Snack Sun Chips Milk	17	Breakfast Waffles/Berries Lunch BBQ/Bun F12 Baked Beans Pineapple Snack Cottage Cheese WG Cracker Milk	18		
	22	Breakfast English Muffin Peanut Butter Banana Lunch Spaghetti D3 Mixed Greens Salad Oranges Snack WG Banana / Milk	23	Breakfast WG Quaker Oat Squares Pears Lunch Parmesan Chicken D5 Poultry Rice A66 Carrots / Red Apples Snack Crackers / Milk	24	Breakfast WG Cinnamon Toast / Oranges Lunch Goulash D33 Broccoli & Dip Pears Snack Yogurt / Crackers Milk	25		
	29	Breakfast Scrambled Eggs D15 WG Toast Oranges Lunch Beef Taco Hotdish D50 Lettuce Salad Pineapple Snack Banana / Milk	30						

Why are we concerned about nutrients?



In general, humans are able to meet their nutrient needs through a well-balanced diet. Unfortunately, many Americans consume a diet that is light on fruits, veggies, low-fat dairy, and whole grains. This is sometimes referred to as the Western diet. As a result, there are several nutrients that have been identified as being "nutrients of concern". These are nutrients that many Americans consume less than is recommended.

Calcium

Why do children need it?

Bone growth and health;
muscle function

Why do adults need it?

Bone health and muscle
function

Food sources:

Dark green leafy vegetables,
foods fortified with calcium,
fish with bones

Vitamin D

Why do children need it?

Helps absorb calcium; bone
health; immune function

Why do adults need it?

Helps absorb calcium; bone
health; immune function

Food sources:

Fortified dairy products,
certain kinds of fatty fish, sun
exposure

Fiber

Why do children need it?

Digestive health

Why do adults need it?

Digestive health; may help
reduce blood cholesterol

Food sources:

Whole grains, fruit,
vegetables, legumes, nuts
and seeds

Potassium

Why do children need it?

Muscle and nerve function

Why do adults need it?

Muscle and nerve function;
helpful in preventing high
blood pressure

Food sources:

Fruits and vegetables, some
dairy foods



Women and Teenaged Girls

In addition to calcium, vitamin D, fiber, and potassium, there are two more nutrients of concern for teenage girls and women capable of becoming pregnant.

Iron

Why do we need it?

Helps move oxygen around in
the blood

Why do women and teenaged girls need more of it?

To replace iron lost through
menstruation.

Food sources:

Meat, poultry, seafood, beans
and peas, nuts, whole grains
and fortified grains

Folate

Why do we need it?

Growth and repair

Why do women capable of becoming pregnant need more of it?

Helps prevent certain kinds of
birth defects in pregnancy

Food sources:

Dark green leafy vegetables,
fortified and enriched grains,
beans and peas