



Northeast South Dakota Head Start Program

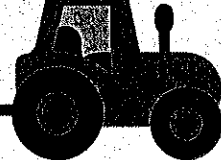
April 2026

Unflavored one percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast 1 Belgian Waffles Applesauce Lunch Pizza Broccoli & Ranch Pineapple Snack Graham Cracker Milk	Breakfast 2 Muffins Pears Lunch Meatballs / Bread Mashed Potatoes Oranges Snack Cheese & WG Crackers Milk	3
6 HOLIDAY NO SCHOOL	Breakfast 7 WG Frosted Mini Wheats Banana Lunch Tater Tot Hotdish D31A Bread Grapes Snack Gram Crackers or banana Milk	Breakfast 8 WG French Toast Peaches Lunch Turkey/Cheese on buttered bun Apples Snack Scooby Snacks Milk	Breakfast 9 WG Buttered Toast Applesauce Lunch WG Fish Pattie/Tartar Sauce Broccoli & Cheese Mandarin Oranges Snack Muffins Milk	10
Breakfast 13 WG Toasted Oats Banana Lunch Taco Salad D24 Tortilla Chips Lettuce w/ Ranch Apples Snack Banana OR Cheese /Crackers Milk	Breakfast 14 WG Bagel Baked Apples 1-2 Lunch Chicken Strips Mashed Potatoes Bread Oranges Snack Popcorn / Milk	Breakfast 15 WG Corn Chex Cereal Apples Lunch Pancakes Boiled Egg Tator tots Oranges Snack WG Triscuit Crackers Milk	Breakfast 16 Muffin Applesauce Lunch Sloppy Joe F12 / Bun Cheesy Green Beans Pineapple Snack WG Crackers Milk	Redfield, Sisseton, Webster Only Cook's Choice 17 Breakfast WG Lunch Snack
Breakfast 20 WG Buttered Toast Banana Lunch Turkey/Ham/2 Cheeses Ritz Crackers Carrots w/ Ranch Grapes Snack Graham Cracker OR Banana / Milk	Breakfast 21 English Muffins Peaches Lunch WG Chicken Strips Scalloped Potato E15 Oranges Snack WG Cheez-it Crackers Milk	Breakfast 22 WG Waffles Bakes Apples 1-2 Lunch Veg. Cheese Soup H13 Crackers Grapes Snack Popcorn Milk	Breakfast 23 WG Buttered Toast Mandarin Oranges Lunch Hamburger / Bun French Fries Apples Snack Yogurt Milk	24
Breakfast 27 WG Cereal Banana Lunch Layered Lasagna D-19 Lettuce Pineapple Snack Banana OR Club Cracker / Milk	Breakfast 28 Blueberry Muffins Apples Lunch Baked Chicken Bread Dressing Mashed Potato Oranges Snack WG Wheat Thins / Milk	Breakfast 29 WG Bagel Applesauce Lunch WG Grilled Cheese Tomato Soup Grapes Snack Muffin Milk	Cook's Choice 30 Breakfast WG Cereal Oranges Lunch Sloppy Joe/Bun F-12 Tater Tots Apples Snack Popcorn / Milk	

FARM to TABLE

When kids help grow their own produce, they are more likely to eat it! If you can't create a backyard garden, consider getting a regular produce box delivery from a local gardener or take your children on a weekly trip to the farmers' market together. Farm to preschool is a great way to get your kids invested in gardening and healthy eating.



LEARN IT

How does your garden grow?
Every garden must start with a seed, but how does that seed

become the plants we can cook and eat in our homes? This is a fantastic opportunity to teach the children in your care what a seed is, examples of seeds, and what those seeds need to become strong, healthy plants that we can harvest.



MAKE IT Garden Printing

Sometimes the best art can be created without a paint brush! Cut various vegetables from your garden such as carrots, peppers, squash, zucchini, eggplant, and potatoes in half so they can be used as a stamper. Make the children a paint pallet with different colors. Ask them to stamp the vegetables in the paint and then they can make their work of art on a large piece of construction paper.



GROW IT

Container Gardening

Not everyone has the space to plant an elaborate garden.

That's okay! You can still have a garden with a container garden. Tires, buckets, large planting pots, or even tubs can all be used as your container. Hanging baskets are great for fruits like strawberries, cherry tomatoes and herbs. Plastic containers will hold in moisture better than a clay or wood container. Fill the container with gardening soil and begin planting. Remember to check plants daily for watering needs and support your fast growing, tall plants with trellises and stakes. Plant ideas for container gardens:

Beans	Broccoli	Carrots
Cucumbers	Eggplants	Lettuce
Onions	Peppers	Radishes
Tomatoes		

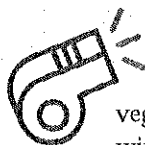
EAT IT Garden Stir Fry

1/2 cup low sodium chicken broth
1/2 tablespoon of corn starch
1 teaspoon soy sauce
1 tablespoon sesame or olive oil
2 tablespoons garlic minced
5 cups of your favorite garden vegetables
3 1/3 cups diced chicken
Whole Grain Rice

Mix together the broth, cornstarch and soy sauce and set aside. Add oil to a large pan and sauté the garlic on high heat for one minute. Add the vegetables and cook for eight minutes until tender. Add the soy sauce mixture and reduce heat to medium. Continue cooking until the sauce thickens. Serve over 1/4 cup cooked whole grain rice for each child.

Lunch Crediting:

10 Servings (1/2 cup)
for ages 3-5 (Vegetable/Meat/Grain)



PLAY IT Garden Turnover

Divide the children into equal groups, each with a unique vegetable name. Have them sit in chairs forming a large circle, with one child starting the game as the center. When the child in the center calls out one of the vegetable names, those children get up and try to find a new chair as the center tries to steal a seat. The child left standing calls out a new vegetable and the game repeats. If the center child calls out "Garden Turnover!" all the children get up to find a new seat.



READ IT

Growing Vegetable Soup by Lois Elhert

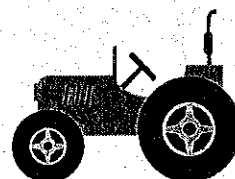
This easy to understand book with bold pictures talks about necessary gardening tools, gardening chores and what happens after harvesting. A recipe for vegetable soup is included! Maybe you can use produce from your own garden to make a batch of soup to share with the children.

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SING IT Bingo Was His Name O

There was a farmer who had a dog,
and Bingo was his name O!
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O,
and Bingo was his name O!

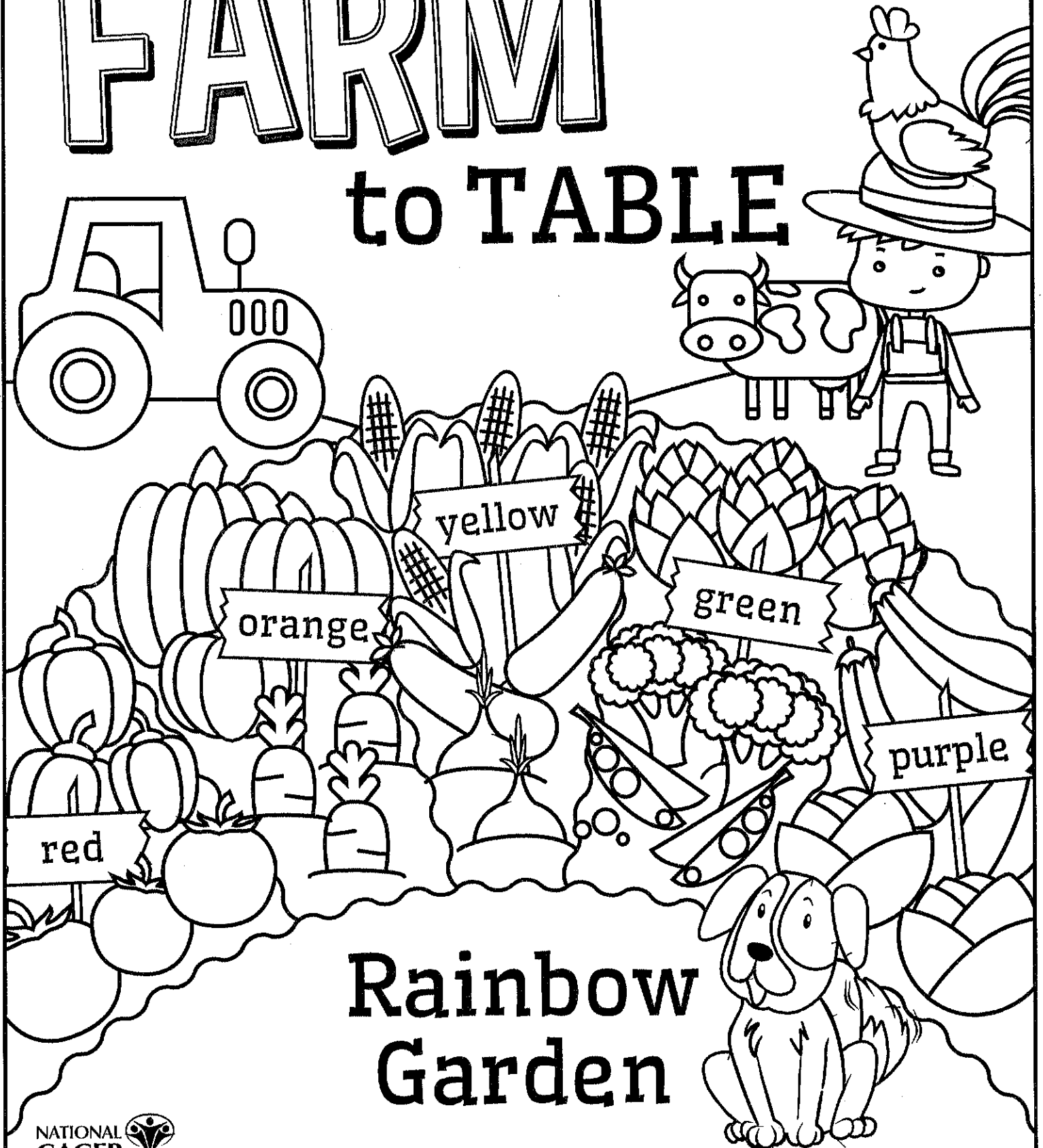


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FARM

to TABLE



Rainbow Garden