



**Northeast South Dakota
Head Start Program**

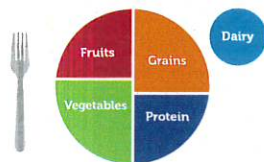
August 2025

Unflavored one-percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Parent Child Day	Breakfast 19 WG Toast Fresh Fruit Lunch Goulash / Broccoli & Dip / Oranges Snack Grahams Milk	Breakfast 20 Muffin Apples Lunch Hamburger/Bun Tots or Fries Watermelon Snack WG Toasted Oats / Milk	Breakfast 21 Waffles / Fresh Fruit Lunch Spaghetti D3 Lettuce Pineapple Snack WG Popcorn Milk	
Breakfast 25 Bagels / Fresh Fruit Lunch WG Grilled Cheese F13 Tomato Soup Crackers / Apples Snack Banana / Milk	Breakfast 26 Pancakes A6 Applesauce Lunch Chicken & WG Rice D47 Lettuce / Fruit Snack Tortilla Chips Salsa / Milk	Breakfast 27 WG Mini Wheats/Pears Lunch Tuna & Noodles D29a Broccoli & Dip Mandarin Oranges Snack Crackers / Milk	Breakfast 28 WG Toast / Oranges Lunch BBQ / Bun F12 Baked Beans / Fruit Snack Cheese & Crackers Milk	



Start simple with MyPlate



Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.

Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.

Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.

Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.

Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.

Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.
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**The benefits of healthy eating
add up over time, bite by bite.**

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