



Northeast South Dakota Head Start Program

January 2026

Unflavored one percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2
Breakfast WG Frosted Shredded Wheat Bananas Lunch Macaroni & Cheese D20 Lettuce / Purple Grapes Snack Popcorn Milk	Breakfast WG Bagels Mixed Fruit Lunch Chicken & Rice WG D47 Peas Apples Snack Graham Crackers Milk	Breakfast WG Toast Pears Lunch Spaghetti D3 Baby Carrots Pears Snack Yogurt Milk	Breakfast Muffin Oranges Lunch Meatballs or Meatloaf Mashed Potatoes Pineapple Snack WG Bread Snack Cheese & Crackers/Milk	8
Breakfast WG English Muffin Bananas Lunch Hamburger / Bun Lettuce Salad Oranges Snack Traffic Light Snack G6 Milk	Breakfast WG Belgian Waffles Apples Lunch Goulash D33 Corn Purple Grapes Snack Cheez-its Crackers Milk	Breakfast Toast Applesauce Lunch Chicken Enchilada Casserole DC Mixed Vegetables Peaches Snack WG Wheat Thins / Milk	Breakfast WG Toasted Oats Peaches Lunch Pizza Carrot Sticks Green Grapes Snack Yogurt Milk	15
19 Holiday No School	20 Breakfast WG Toast Applesauce Lunch Chicken Strips / Bread Lettuce Oranges Snack Crackers Milk	21 Breakfast Bagels / Cream Cheese Apples Lunch Lasagna D19 Baby Carrots Grapes Snack WG Popcorn Milk	22 Breakfast WG Life Cereal Oranges Lunch Chicken over Biscuit DD Peas & Carrots Peaches Snack Yogurt Milk	23
26 Breakfast WG Toast Bananas Lunch Chicken Strips / Bread Lettuce Peaches Snack Chex or Crackers Milk	27 Breakfast English Muffin / Jelly Pears Lunch Tomato Soup Grilled Cheese F13 Apples Snack WG Crackers Milk	28 Breakfast Bagels / Cream Cheese Peaches Lunch Spaghetti D3 Mixed Vegetables Fruit Mix Snack WG Sun Chips Milk	29 Breakfast WG Cereal Oranges Lunch Fish Sticks / Bread Green Beans Apples Snack Yogurt Milk	30

Mealtime Conversations DO'S AND DON'TS for Preschoolers

During mealtimes, it is important to make positive comments that help children and don't hinder them when developing eating habits. Here are some examples of what to say and not say during mealtimes.

"This is kiwi fruit; it's sweet like a strawberry."

"These radishes are very crunchy!"

Phrases like these help to point out the characteristics of food. They may encourage children to try new foods.

"Do you like that food?"

"What is your favorite food?"

"Everybody likes different foods, don't they?"

Phrases like these make children feel like they are in control of their eating habits and shifts the focus toward the taste of food.

"Is your stomach telling you that you're full?"

"Is your stomach making a hungry, growling noise?"

"Has your tummy had enough?"

Phrases like these help children to recognize their hunger cues when they are full. This can prevent overeating.

"It's okay that you didn't want to try this food."

"If you like, we can try this food another time."

Phrases like these promote decision-making skills. They also focus on children's food preferences instead of the amount or types of foods consumed.

"Eat that for me."

"If you do not eat one more bite, I will be mad."

Phrases like these teach children to eat for your approval. This can lead children to have unhealthy behaviors, attitudes, and beliefs about food and themselves.

"Jenny, look at your sister. She ate all of her bananas."

"You have to take one more bite before you can leave the table."

Phrases like these teach children to ignore fullness. It is better for children to stop eating when full or satisfied than when all of the food has been eaten.

"See, that didn't taste so bad, did it?"

Phrases like this imply that the children were wrong to refuse the food. This can lead to unhealthy attitudes about food or themselves.

"No dessert until you eat your vegetables."

"Stop crying, and I will give you a cookie."

Phrases like these imply that some foods are better than others. Using food as a reward promotes emotional eating because the food is used to cope with their feelings.

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