



Northeast South Dakota Head Start Program

March 2026

Unflavored one percent milk is served with breakfast and lunch.

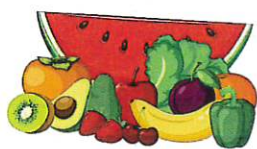
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 2 Belgian Waffles Bananas Lunch WG Chicken Strips / Bread Mashed Potatoes Oranges Snack WG Popcorn or or Bananas / Milk	Breakfast 3 WG Buttered Toast Peaches Lunch Taco Bake D50 Corn Mandarin Oranges Snack Yogurt Milk	Breakfast 4 English Muffin Mixed Fruit Lunch Veg. Cheese Soup H13 Crackers Apples Snack WG Cracker Milk	Breakfast 5 Pancakes Oranges Lunch Sloppy Joe F12 / Bun French Fries Pineapple Snack WG Triscuits Milk	6
Breakfast 9 WG French Toast Bananas Lunch Hamburger / Bun Mixed Greens Pears Snack Half Cheese Sandwich or Bananas / Milk	Breakfast 10 WG Frosted Mini Wheat Apples Lunch Scrambled Eggs D15 Hash Brown Casserole 072 Blueberry Muffin Oranges Snack Grahams / Milk	Breakfast 11 WG Buttered Toast Pears Lunch Tator Tot Hotdish A31 Corn Tropical Fruit Snack Muffins Milk	Breakfast 12 Bagels Peaches Lunch Chicken Alfredo D54 Broccoli Grapes Snack WG Sun Chips Milk	13
Breakfast 16 Waffles Bananas Lunch Pizza Lettuce Salad Oranges Snack Cheese & WG Crackers or Bananas / Milk	Breakfast 17 WG Toasted Oats Apples Lunch Turkey /Cheese on Bun Baked Beans Grapes Snack Pretzels Milk	Breakfast 18 WG Toast Pears Lunch Chili D25 Crackers Oranges Snack Yogurt Milk	Breakfast 19 WG Life Original Apples Lunch Cheesesteak Casserole D70 Cooked Carrots Peaches Snack Popcorn / Milk	20
Breakfast 23 WG Strawberry Mini Wheats Bananas Lunch Lasagna D19 Lettuce / Garlic Bread Oranges Snack Cheese & Crackers or Bananas /Milk	Breakfast 24 Bagels Applesauce Lunch Fish Shapes Scalloped Potatoes E15 Peaches Snack WG Sun Chips Milk	Breakfast 25 Pancakes Pears Lunch Chicken Gravy & Biscuit DD / Mashed Potatoes Grapes Snack WG Triscuits Milk	Breakfast 26 WG Muffins Oranges Lunch Hamburger / Bun Tator Tots Apples Snack Popcorn Milk	27
Breakfast 30 English Muffin / Jam Oranges Lunch WG Spaghetti D3 Mixed Greens Apples Snack WG Half Cheese Sandwich or Bananas / Milk	Breakfast 31 Cheerios Apples Lunch Baked Chicken / Buns Peas & Carrots Grapes Snack WG Scooby Snacks Milk			



Adding Goodness to Every Meal

The Child and Adult Care Food Program stirs up goodness every day by providing healthy, nutritious meals and snacks to over 4.5 million children and adults. Here are six different ways that you can stir goodness into your own menus.

Add a Burst of Color on the Plate



Adding more color helps provide a balance of vitamins and minerals.

- » Rotate produce by season for variety and cost savings.
- » Aim to have at least two different colors on each plate.
- » Serve each color at least once per week.



Choose More Whole Grains

Simple swaps for whole grains boost fiber and provide long-lasting energy.

- » Serve two whole grain-rich grains per day for more fiber.
- » Opt for whole grain-rich bread instead of white bread.
- » Pair favorite fruits with oatmeal in the morning.

Power Up with Protein Variety



Protein supports growth and helps keep bellies fuller for longer.

- » Offer lean meats and limit processed options.
- » Add yogurt and cheese for calcium-rich meat alternates.
- » Try out some plant-based options like tofu or lentils.

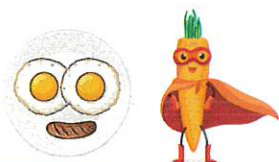


Keep Flavor Simple and Healthy

Limiting sugar and sodium does not have to mean that you are limiting flavor.

- » Use herbs and spices like cinnamon, garlic or basil.
- » Try citrus juice or vinegar to brighten flavors.
- » Roast or bake foods for different textures and taste.

Make Mealtime Fun & Inviting



Presentation matters, especially for young eaters trying out new foods.

- » Practice family style dining if you're able.
- » Use fun names like "Super Spinach" or "Mighty Milk."
- » Let kids create patterns on plates, like faces or animals.



Involve Kids in the Process

Kids are more likely to try a new food if they've helped choose or prepare it.

- » Let kids help pour and mix ingredients.
- » Encourage feedback when introducing a new food.
- » Have children set the table before mealtimes.