



NORTHEAST SOUTH DAKOTA

November 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast WG Waffles Apples Lunch Sandwich Potato Pears Snack Bagel/Cream Cheese Milk	Breakfast Banana Bread A4 or A13 Oranges Lunch Cheesesteak Casserole D70 / Baby Carrots Peaches Snack Milk WG Crackers & Cheese	
Breakfast Yogurt/Fruit/ Cereal Parfait G5 Lunch Tater Tot Hotdish D31a WG Bread Oranges Snack Cracker / Cottage Cheese / Milk	Breakfast English Muffins Pears Lunch Goulash D33 Baby Carrots / Ranch Mandarin Oranges Snack WG Kix Milk	Breakfast Muffin Applesauce Lunch Cheesy Potato Soup H12 / Crackers Fruit Snack WG Wheat Thins Milk	Breakfast WG Toasted Oats Oranges Lunch Sloppy Joe/Bun F12 Baked Beans Pineapple Snack Cinnamon Toast/Milk Milk	
Breakfast WG Oatmeal w/ Cinnamon Banana Lunch Hamburger on Bun Green Beans Peaches Snack Bagel / Milk	Breakfast Scrambled Eggs D15 / Toast Oranges Lunch Fish Sticks Baby Carrots / Fruit Snack WG Crackers Milk	Breakfast WG Cinnamon Toast Applesauce Lunch Turkey Tetrizzini D45 Peas & Carrots/Apple Snack Yogurt / Fruit Water or Milk	Breakfast WG Life Cereal Pears Lunch Grilled Cheese F13 Tomato Soup Fruit Snack Muffin Milk	
Breakfast WG Toast Banana Lunch Macaroni & Cheese D20 Lettuce Apple Snack Chex Cereal Milk	Breakfast English Muffin Applesauce Lunch Chicken Taco Soup H15 / Tortilla Chips Fruit Snack WG Wheat Thins Milk	Breakfast WG Cereal Oranges Lunch Tuna Noodle Casserole D29a / Honey Butter Roasted Carrots E12 Fruit Snack Yogurt/ Grahams/Water or Milk	23 Holiday for Children and Staff	
Breakfast Waffles Berries Lunch Chicken Strips Green Beans Apples Snack WG Cinnamon Toast Milk	Breakfast WG Wheat Chex Oranges Lunch Fish Sticks Baby Carrots Peaches Snack Wheat Thins Milk	Breakfast Yogurt/Fruit/ Cereal Parfait G5 Lunch Sloppy Joe/Bun F12 Potato Fruit Snack Sun Chips WG Milk	Breakfast WG Cinnamon Toast/ Mandarin Oranges Lunch Spaghetti D3 Roasted Vegetable E16 or E17 / Apples Snack Cottage Cheese Crackers/ Water	



homemade pancake mix in a jar

*your child can help make a whole grain
pancake mix to give as a gift!*

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|----------------------------|-----------------------|
| 4 cups all-purpose flour | 3 tablespoon |
| 2 ½ cups whole wheat flour | baking powder |
| 1 cup cornmeal | 1 tablespoon cinnamon |
| 1/3 cup sugar | 2 teaspoons salt |

Stir the ingredients in a large bowl.
Spoon the mix into a 2-quart jar and cover tightly with the lid.
Add a label or card
with cooking
instructions.

Pancake Mix

Stir 1 ½ cups pancake mix, 2 eggs and
1 cup milk in a mixing bowl until smooth.
Cook the pancakes over medium heat
for 2 to 3 minutes on each side. Serves 4.



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mezcla para panqueques casero en un frasco

*tu hijo puede ayudar a preparar una mezcla
integral para panqueques que puede dar con regalo!*

- | | |
|--------------------------------|-----------------------|
| 4 tazas de harina común | 3 cucharadas de |
| 2 tazas y ½ de harina integral | polvo de hornear |
| 1 taza de harina de maíz | 1 cucharada de canela |
| ½ taza de azúcar | 2 cucharaditas de sal |

Mezcla los ingredientes en un bol grande. Con una cuchara,
coloc la mezcla en un frasco
de 2 cuartos de galón
y cierra bien la tapa.
Agrega una etiqueta
o una tarjeta con
los instrucciones para
cocinar los panqueques.

Mezcla de Panqueques

Mezcla en un bol 1 ½ taza de mezcla para
panqueques, 2 huevos y 1 taza de leche hasta
que la mezcla no tenga grumos. Cocina los
panqueques a fuego mediano, 2 a 3 minutos
de cada lado. Disfrútalos con jarabe de arce
o salsa de manzana. Rinde 4 porciones.



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