



# NORTHEAST SOUTH DAKOTA

November 2024

*Unflavored 1% milk is served with breakfast and lunch.*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Breakfast</b> WG Waffles Fruit <b>Lunch</b> Chicken Strips Mash Potatoes Fruit <b>Snack</b> Cottage Cheese Pineapple / Milk	<b>4</b>	<b>Breakfast</b> Bagels w/ Cream Cheese/Peaches <b>Lunch</b> Macaroni & Cheese D20 Baby Carrots / Ranch Mandarin Oranges <b>Snack</b> WG Kix Milk	<b>5</b>	<b>Breakfast</b> Muffin Applesauce <b>Lunch</b> Cheesy Potato Soup H12 / Crackers Apples <b>Snack</b> Salsa Sun Chips Milk	<b>6</b>	<b>Breakfast</b> WG Toasted Oats / Oranges <b>Lunch</b> Sloppy Joe F12 Baked Beans Pineapple <b>Snack</b> Cinnamon Toast Milk	<b>7</b>		
<b>Holiday            No            School</b>		<b>Breakfast</b> Scrambled Eggs D15 / WG Toast Oranges <b>Lunch</b> Fish Sticks Baby Carrots Fruit <b>Snack</b> Crackers / Milk	<b>12</b>	<b>Breakfast</b> WG Cinnamon Toast/ Applesauce <b>Lunch</b> Turkey Tetrazzini D45 Broccoli w/ Ranch Peaches <b>Snack</b> Milk Cheese/ Crackers	<b>13</b>	<b>Breakfast</b> WG Life Original Apple <b>Lunch</b> Grilled Cheese F13 Tomato Soup Crackers / Fruit <b>Snack</b> Yogurt/Fruit Milk	<b>14</b>		
		<b>Breakfast</b> Oven Baked Pancakes A6 Berries <b>Lunch</b> Hamburger on Bun Tossed Salad Apples <b>Snack</b> WG Chex Banana / Milk	<b>18</b>	<b>Breakfast</b> English Muffin Pears <b>Lunch</b> Taco Soup H15 Tortilla Chips Fruit <b>Snack</b> WG Cinnamon Toast Milk	<b>19</b>	<b>Breakfast</b> WG Toast Peaches <b>Lunch</b> Fish Sticks Broccoli and Dip Pineapple <b>Snack</b> Cheddar Sun Chips Milk	<b>20</b>	<b>Cook's Choice:            Breakfast</b>  <b>Lunch</b>  <b>Snack</b>	<b>21</b>
<b>Breakfast</b> WG Chex Banana <b>Lunch</b> Lasagna D19 Lettuce Apples <b>Snack</b> Cheese & Crackers Milk	<b>25</b>	<b>Breakfast</b> WG Waffles Oranges <b>Lunch</b> Chicken Strips Mashed Potatoes Mandarin Oranges <b>Snack</b> WG Cereal Milk	<b>26</b>	<b>Holiday            No            School</b>		<b>Holiday            for staff</b>		<b>Holiday            for staff</b>	





## pizza quesadilla

1. Sprinkle a whole wheat tortilla with shredded mozzarella cheese.
2. Top with chopped ham and another tortilla.
3. Heat in a skillet on both sides, until cheese is melted.
4. Cut into slices.
5. Serve with warm pizza sauce for dipping.



## quesadilla de pizza

1. Rocíe una tortilla de trigo integral con queso mozzarella rallado.
2. Cubra con trocitos de jamón y otra tortilla.
3. Caliente por ambos lados en una sartén, hasta que se derrita el queso.
4. Corte en rodajas.
5. Sirva con dip tibio de salsa para pizza.

