



**Northeast South Dakota
Head Start Program**

November 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 3 WG Waffles / Oranges Lunch Chicken Strips / Bread Mixed Greens Red Apples Snack Banana Milk	Breakfast 4 WG Toast / Pears Lunch Hamburger / Bun Baby Carrots Mandarin Oranges Snack Cheese & Crackers Milk	Breakfast 5 WG Kix / Peaches Lunch Fish Sticks / Bread Mash Potatoes Green Apples Snack Sun Chips Milk	Breakfast 6 Bagel / Cream Cheese Mixed Fruit Lunch Turkey or Ham Sandwich F14/F15 Baked Beans/Pineapple Snack WG Corn Chex / Milk	
Breakfast 10 Pancakes A6 Berries Lunch Chicken Alfredo D54 Lettuce / Peaches Snack WG Mini Wheats / Milk	11 Holiday No School	Breakfast 12 Muffin or Quick Bread Applesauce Lunch Cheesy Potato Soup H12 / Crackers / Apples Snack WG Crackers / Milk	Breakfast 13 WG Toasted Oats Oranges Lunch Sloppy Joe F12 / Bun Baby Carrots/Pineapple Snack English Muffin w/Cinnamon / Milk	
Breakfast 17 WG French Toast/Oranges Lunch Chicken or Turkey Tetrazzini D45 / Diced Carrots / Apples Snack Cheese Stick/Milk	Breakfast 18 Scrambled Eggs D15 WG Toast / Potato Lunch Fish Sticks / Bread Broccoli & Dip Peaches Snack Crackers/Milk	Breakfast 19 WG Life Original Pears Lunch Spaghetti D3 Green Beans /Mandarin Oranges Snack Rice Chex/Milk	Breakfast 20 WG Cinnamon Toast Applesauce Lunch Grilled Cheese F13 Tomato Soup / Crackers Grapes Snack Cottage Cheese / Milk	
Breakfast 24 WG Waffles / Berries Lunch Hamburger / Bun Mixed Greens Pineapple Snack Banana/Milk	Breakfast 25 English Muffin w/ Cinnamon / Pears Lunch Taco D24 (soft or hard shell or tortilla chips) Apples Snack WG Wheat Thins / Milk	26 No Classes	27 Holiday No School	



Understanding Food Labels

LOOK

When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

COUNT

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

HEART TALK

Choose foods that are lower in saturated and trans fats, along with cholesterol and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

LIMIT

Sugar isn't all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

GET MORE

These nutrients help improve your health. Most people don't get the proper daily amount of vitamins and minerals that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

% DAILY

Nutrition Facts	
8 Servings per container	
Serving size 2/3 cup (55g)	
Amount Per Serving	
Calories	230
% Daily Values **	
Total Fat 4g*	8%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 41g	10%
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
Protein 3g	
% Daily Values **	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



5% Daily Value
or less per
serving is
LOW.

20% Daily Value
or more per
serving is
HIGH.



These percentages are based on an average adult's daily calorie count needs of 2,000. **Children have very different calorie needs** based on age, gender, height and weight. To find out daily recommended calorie count for children ages 2 through 14 go to: www.myplate.gov/myplate-plan