Northeast South Dakota Head Start Program

November 2026

Unflavored one percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Breakfast** Belgian waffle Banana **Lunch** Chicken Nuggets-WG Mixed Greens Apple Slices **Snack** Banana or Crackers	**3** **Breakfast** WG Toast Pears **Lunch** Hamburger / Bun Tater Tots Grapes **Snack** Yogurt	**4** **Breakfast** Kix Cereal Orange Slices **Lunch** Chicken Drumsticks Mashed Potato Dinner Roll Peaches **Snack** Sun Chips 100% Juice	**5** **Breakfast** Bagel Jelly Mixed Fruit **Lunch** Ham & Cheese Sandwich Cucumber & Celery Sticks Pineapple **Snack** *WG Corn Chex Cereal* ***Milk***	**6**
9 **Breakfast** WG French Toast Stix Banana **Lunch** Chicken Alfredo D54 Lettuce Peaches **Snack** Banana or Grahams	**10** **Breakfast** WG Toast Applesauce **Lunch** Cheesy Potato Soup H12 Oyster Crackers Grapes **Snack** Popcorn 100% fruit Juice	**11** No School	**12** **Breakfast** English Muffin Pears **Lunch** Sloppy Jo / Bun F12 French Fries Apple **Snack** WG Scooby Snacks	ED Class **13** **Breakfast** WG Toast Peaches **Lunch** Chicken Nuggets- WG Green Beans Mandarin Oranges **Snack** Yogurt
16 **Breakfast** WG Toast Banana **Lunch** Turkey / Bread Dressing Mashed Potato/Gravy Grapes **Snack** Banana or Crackers	**17** **Breakfast** Pumpkin Muffin A23 Pears **Lunch** WG Fish Patty Cheesy Broccoli Apples **Snack** WG Triscuit crackers	**18** **Breakfast** WG Life Cereal Orange Slices **Lunch** WG Spaghetti D3 Corn on Cob Peaches **Snack** Pumpkin Muffin A23	**19** **Breakfast** WG Toast Applesauce **Lunch** BBQ Rib / Bun Tater Tots Grapes **Snack** Sun Chips 100% Fruit Juie	**20**
23 **Breakfast** WG Toast Banana **Lunch** Hamburger / Bun French Fries Grapes **Snack** **Banana or** Grahams	**24** **Breakfast** WG Bran Flakes Apple **Lunch** WG Pizza Lettuce salad Orange Slices **Snack** Yogurt	**25** No School	**26** No School	**27** No School
30 **Breakfast** WG Toast Banana **Lunch** Turkey Dog / Bun Mac and Cheese D20 Green beans Grapes **Snack** **Banana or Crackers**				

WASH YOUR HANDS



1. Wet your hands with clean running water

2. Lather your hands everywhere, including backs, between fingers and under nails

3. Don't rush! Scrub for 20 seconds

4. Rinse hands well under clean running water

5. Dry hands with clean paper towel or air dryer

6. Repeat:

- After using the bathroom
- Before and after eating,drinking or smoking
- If you cough, sneeze or touch contaminated surfaces
- If your hands are dirty

BENEFITS OF REGULAR, THOROUGH HANDWASHING

- **Avoid getting ill**
- **Avoid making others ill**

Germs on hands go everywhere: eyes, nose, mouth, objects, other people's food, your food! Wash your hands regularly and keep everyone well!

HAND SANITIZERS:

- Not as good as washing hands with soap and water
- A good option when handwashing is not available
- Use sanitizers with 60% alcohol
- Apply gel to palms of hands, rub hands together for 20 seconds or until hands are dry