



NORTHEAST SOUTH DAKOTA

OCTOBER 2024

Unflavored 1% milk is served with breakfast and lunch.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Breakfast Scrambled Eggs D15 / Potato / Toast Lunch Chicken Strips Green Beans Peaches Snack Cheese & Crackers	1	Breakfast WG Toast Oranges Lunch Cheesesteak Casserole D70 / Carrots & Ranch Mandarin Oranges Snack Banana Bread Milk	2	Breakfast WG Life Original Mixed Fruit Lunch Turkey or Ham Sandwich / Tater Tots Apple Snack Graham Crackers Milk	3		
Breakfast Sausage Cheese English Muffin D71/ Fruit Lunch Spaghetti D3 Lettuce / Peaches Snack WG Cereal Milk	7	Breakfast WG Toasted Oats / Peaches Lunch Fish Sticks Mash Potato Oranges Snack Bagel w/ Cream Cheese Milk	8	Breakfast WG Cinnamon Toast Applesauce Lunch Beef Noodle Hotdish D31 / Baby Carrots Pineapple Snack Yogurt / Crackers / Milk	9	Breakfast Pancakes A6 / Berries Lunch Chili D25 Crackers Grapes Snack WG Cottage Cheese Wheat Thins / Milk	10		
Holiday No School	14	Breakfast WG Kix Oranges Lunch WG Grilled Cheese F13 Tomato Soup Red Apples Snack Crackers Milk	15	Breakfast WG Waffles Applesauce Lunch Tuna & Noodles D29a Peas Mandarin Oranges Snack Toast Milk	16	Breakfast WG Life Original Apples Lunch Sloppy Joe F12 Baked Beans Green Apples Snack Yogurt & Crackers Milk	17		
	Breakfast Mini Wheats WG Banana Lunch Hamburger Tossed Salad Pineapple Snack Traffic Light G6 Milk	21	Breakfast English Muffin w/ Jam /Applesauce Lunch Macaroni & Cheese D20 Broccoli and Dip Mandarin Oranges Snack WG Chex Milk	22	Breakfast WG Toast Pears Lunch Breakfast Hashbrown Casserole / Apple Toast Snack Graham Crackers Milk	23	Breakfast WG Toasted Oats / Peaches Lunch Sandwich Potato Peaches Snack Yogurt Milk	24	
Breakfast Pancakes A6 Berries Lunch Spaghetti D3 Lettuce Peaches Snack WG Cracker Banana / Milk	28	Breakfast WG Cinnamon Toast / Oranges Lunch Cheese Sandwich Tomato Soup Apples Snack Cereal / Milk	29	Breakfast Muffins or Quick Bread Fruit Lunch Beef Stew H14 Bread Grapes Snack WG Crackers/Milk	30	Breakfast Yogurt Parfait G5 Lunch Goulash D33 Broccoli & Dip Mandarin Oranges Snack WG Cereal Milk	31		

Let's Talk at Mealtime



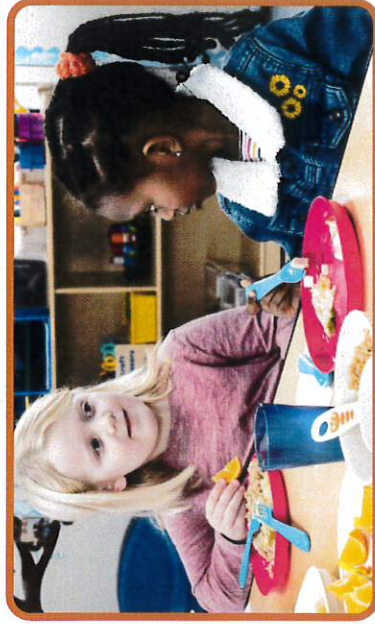
Trying Foods

- Wow, that smells good. I wonder what that tastes like.
- I like this food because...(it's crunchy, it's sweet).
- Plums are juicy and can be sweet. I think they taste like peaches.



"Picky" Eating

- It's okay that you didn't want to try that food today. Maybe you will try it again another day.
- I like to smell foods first before I taste them. Do you want to try that?
- How we make our food changes the way it tastes. How does your family make this food?



Social Development

- I like how nicely you passed that bowl.
- Sometimes we spill or drop our food by mistake. How did you feel when that happened? What can we do right now to help?
- Great job saying "please" and "thank you."

