



**Northeast South Dakota
Head Start Program**

October 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast 1 WG Toast / Oranges Lunch Cheesesteak Casserole D70 / Carrots / Ranch Mandarin Oranges Snack Banana Bread Milk	Breakfast 2 WG Life Original Mixed Fruit Lunch Turkey or Ham Sandwich F14/F15 Tator Tots / Apple Snack Graham Crackers / Milk	
Breakfast 6 Scrambled Eggs D15 WG Toast / Potato Lunch Spaghetti D3 Lettuce / Peaches Snack Mini Wheats / Milk	Breakfast 7 WG Toasted Oats Tropical Fruit Lunch Fish Sticks / Bread Mash Potato / Oranges Snack Bagel/Cream Cheese / Milk	Breakfast 8 WG Cinnamon Toast Applesauce Lunch Chicken Rice D47 Baby Carrots Pineapple Snack Crackers / Milk	Breakfast 9 Pancakes A6/Berries Lunch Chili D25 / Crackers Grapes Snack WG Sun Chips Milk	
13 Holiday No School	Breakfast 14 WG Kix / Oranges Lunch Chicken Strips / Bread Broccoli & Dip Peaches Snack Cheese Stick / Milk	Breakfast 15 Waffles Applesauce Lunch Tuna & Noodles D29a Peas / Mandarin Oranges / Snack WG Scooby Doo! / Milk	Breakfast 16 WG Rice Chex Lunch Sloppy Joe F12 / Bun Corn Apples Snack Sun Chips / Milk	17 <i>Redfield, Sisseton, Webster Only. Cooks Choice</i> Breakfast Lunch Snack
Breakfast 20 WG French Toast/Peaches Lunch Hamburger / Bun Canned Vegetable Pineapple Snack Cereal/Milk	Breakfast 21 English Muffin w/ Cinnamon / Pears Lunch Meatballs Bread/Mash Potatoes Apples Snack WG Wheat Thins Milk	Breakfast 22 WG Toast Tropical Fruit Lunch Breakfast Hashbrown Casserole D72 Bread / Canned Fruit Snack Grahams / Milk	Breakfast 23 Toasted Oats Canned Fruit Lunch Grilled Cheese F13 Tomato Soup Crackers/Canned Fruit Snack WG Popcorn / Milk	
Breakfast 27 Pancakes A6 Berries Lunch Spaghetti D3 Canned Veggie/Peaches Snack WG Cracker / Milk	Breakfast 28 WG Cinnamon Toast Oranges Lunch Fish Sticks/Bread Green Beans / Apples Snack Cereal / Milk	Breakfast 29 Muffin / Fruit Lunch Veg-Cheese Soup H13 Crackers /Canned Fruit Snack WG Waffle Sticks/Milk	Breakfast 30 WG Kix / Pineapple Lunch Goulash D33 Canned Vegetable Mandarin Oranges Snack Cheese & Cracker Milk	

What are Processed Foods?

They are any food that's been changed from its natural state.

Here are some examples: Bagged spinach or prepackaged apple slices.

It can be any of these processes: Cutting, washing, milling, heating, pasteurizing, canning, cooking, freezing, drying, dehydrating, mixing, or packaging.

All processing is not bad. For safety, milk is pasteurized to remove harmful bacteria.

Minimally Processed Foods:

Fresh or frozen fruits or vegetables or meats; Whole grain foods, beans, peas; lentils, nuts, seeds; plain yogurt, 100% juice; fresh and dried pasta, milk and eggs

Processed Foods:

Ingredients added to enhance flavor or texture: sweeteners, salt, oil or preservatives; canned fruits, vegetables, beans, peas and lentils, cheeses, unpackaged freshly made bread, canned fish, salted and sugared nuts and seeds and salted, cured or smoked meats

Ultra Processed or Highly Processed Foods:

Usually contain five or more ingredients, use low cost ingredients and are either ready-to eat or require heating. These are high in fat, sugar and are low in fiber and nutrients. Preservatives, thickeners, hydrogenated oils, high fructose corn syrup, artificial colors, sweeteners or flavors are added. These preservatives have been linked to major health concerns such as stroke and cognitive impairment.

Examples: Sweetened fruit drinks, ready-to-eat sandwiches; pre-packaged breaded foods and French fries

Strive for Balance!

Choose mostly healthy foods. Balance a meal with a mix of healthier foods. Make meals colorful with frozen fruits, salads and greens and canned vegetables. Choose whole grain brown rice and whole wheat pastas. Read food labels-the Nutrition Facts and the ingredient labels.

Information from the January 2025 Mealtime Memo from iCN Institute of Child Nutrition