



**Northeast South Dakota
Head Start Program**

October 2026

Unflavored one percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			Breakfast WG bagel-jelly Mandarin oranges Lunch Hamburger/Bun French Fries Apple Snack Triscuit, Cheese stick Water	
5	6	7	8	9
Breakfast Belgian Waffle Banana Lunch WG Spaghetti D3 Lettuce Salad Peaches Snack Mini Wheat Cereal	Breakfast Toasted Oats Cereal Orange Slices Lunch Fish Sticks Carrot Coins Macaroni & Cheese D20 Grapes Snack Banana	Breakfast WG Buttered Toast Applesauce Lunch Chicken Alfredo D54 Cooked Broccoli Pineapple Snack Sun Chips, Fruit Juice	Breakfast Pancakes AP Pears Lunch Turkey Dog/Bun Tater Tots Grapes Snack WG Tiger Bites	
12	13	14	15	16
Holiday No School	Breakfast WG Kix Cereal Orange Slices Lunch Chicken Strips Garlic Mashed Potato Peaches Snack Grahams Milk	Breakfast French Toast Sticks Banana Lunch Tuna & Noodle D29a Peas Mandarin Oranges Snack Triscuits 100% Fruit Juice	Breakfast Bran Flakes Apple Lunch Sloppy Joe/Bun F12 Tater Tots Watermelon Snack French Toast Sticks	Breakfast WG Cereal Banana Lunch Turkey Dog/Bun French Fries Grapes Snack Tiger Bites
19	20	21	22	23
Breakfast WG Wheat Chex Banana Lunch Hamburger/Bun Cheesy Green Beans Pineapple Snack Muffin	Breakfast English Muffin Applesauce Lunch Meatballs/Gravy Mashed Potato Bread Apple Slices Snack WG Wheat Thins Banana Water	Breakfast Pancakes AP Pears Lunch Boiled Egg Tater Tots Muffin Mandarin oranges Snack Scooby Snacks	Breakfast WG Corn Chex Oranges Slices Lunch Turkey & Swiss Bun Tomato Soup Grapes Snack WG Popcorn 100% Fruit Juice	
26	27	28	29	30
Breakfast WG Life Cereal Banana Lunch Layered Lasagna D19 Lettuce Salad Peaches Snack Graham Crackers	Breakfast WG Toast Applesauce Lunch Fish Sticks WG Dinner Roll Corn On The Cob Pears Snack Banana	Breakfast Muffin Peaches Lunch WG Pizza Carrot Stix Apple Snack French Toast Sticks	Breakfast Kix Oranges Lunch Sloppy Joe/Bun F12 French Fries Grapes Snack Sun Chips 100% Fruit Juice	

Let's Stay



WELL !!!



Stay home when sick

- Do not return to work or school until 24 hours after a fever (100 degrees F or higher) subsides, measured without fever lowering medicine.
- Or wait 4 - 5 days after the onset of flu symptoms. While you may not have a fever, you are very contagious within the first 3 days of a flu illness.



Keep it to yourself

- If you get sick at work separate yourself from coworkers and go home as soon as possible.
- Cover coughs and sneezes with tissues. Discard them after each use.



Flu symptoms

- Fever or feeling feverish or the chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea



Prevention is key



- Get a flu shot every fall. See vaccinefinder.org.
- Wash hands often.
- Stay home when sick.