

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 1st meal is Mobridge, Redfield, Sisseton Webster only.	1 Breakfast WG Toast Banana Lunch WG Pizza Lettuce Salad Orange Slices Snack Yogurt / Milk	<i>1st Day AM/PM Classes</i> 2 Breakfast WG Cheerios Apple Slices Lunch Breaded Chicken Strips Green Beans / Grapes Snack Grahams / Milk	3 Breakfast Bagels Mandarin Oranges Lunch WG Spaghetti D3 Carrots/Ranch Pears Snack WG Popcorn 100% Fruit Juice	4
7 Holiday No School	8 Breakfast WG Mini Wheats Banana Lunch Taco D24 Pears Snack Banana or Cracker Milk	9 Breakfast WG Buttered Toast Apple sauce Lunch Chicken and Rice D47 Cucumber and Celery Ranch Drsg Peaches Snack Bagel / Jelly 100% Juice	10 Breakfast WG Wheat Chex Orange Slices Lunch Hamburger / Bun French Fries Grapes Snack Muffin Milk	11
14 Breakfast WG Toast Banana Lunch House Salad topped with Turkey Ham & Cheese D55 WG Triscuits Crackers Orange Slices Snack Banana or Muffin Milk	15 Breakfast WG Rice Chex Purple Grapes Lunch Chicken Alfredo D54 Cooked Broccoli Apple Snack WG Sun Chips 100% Fruit juice	16 Breakfast Pancakes / Syrup Applesauce Lunch Sloppy Joe F12 / Bun Tater Tots /Green Grapes Snack Cheese Stick WG Wheat Thins Water	17 Breakfast Blueberry Muffin Pears Lunch WG Fish Patty Tartar Sauce Corn on the Cob Watermelon Snack WG Popcorn 100% Fruit Juice	18
21 Breakfast French Toast Banana Lunch WG Pizza Lettuce Orange Slices Snack Grahams or Banana Milk	22 Breakfast WG Kix Cereal Apple Slices Lunch Meatballs /Beef Gravy Mashed Potatoes / Bread Green Grapes Snack WG Popcorn 100% Fruit Juice	23 Breakfast English Muffin / PB & Jelly Pineapple Lunch - "Lunchables" D45 Ham/Turkey/Cheese Slice Ritz Crackers Baby Carrots Peaches Snack WG Tiger Bites / Milk	24 Breakfast WG Bagel Oranges Lunch BBQ Rib Patty / Bun Tater Tots Purple Grapes Snack Yogurt Milk	25
28 Breakfast WG Bran Flakes Banana Lunch Scrambled Eggs Hash Browns D73 Muffin / Orange Slices Snack Graham or Banana Milk	29 Breakfast Strawberry Mini Wheats Apple Slices Lunch House Salad w/ Turkey Ham & Cheese D55 Club Crackers Watermelon Snack WG Popcorn / 100% Juice	30 Breakfast WG Toast Peaches Lunch Chicken Parmesan Patty Pasta / Spaghetti Sauce D5 Green Beans Oranges Snack Yogurt / Milk		

Nutrition Pyramid

Fats, Oils & Sweets
USE SPARINGLY

KEY

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt &
Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice & Pasta
Group
**6-11
SERVINGS**

