

# Eastgate Early Childhood Center Preschool



Stark County Board of  
Developmental Disabilities

## MEAL PRICING:

Lunch Full Price \$ 1.90

Reduced Lunch Price \$ .40

Milk Only \$ .50

Payment may be made electronically at [www.payforit.net](http://www.payforit.net), or by cash or check made out to Stark DD and sent to school.

## LUNCH Menu

## August-December 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	French Toast Sticks Turkey Sausage Hash Brown Patty Fruit Sorbet Milk	Macaroni & Cheese Steamed Green Beans Diced Peaches Dinner roll Milk	Cheeseburger Sweet Potato Sticks Cooked Broccoli Chilled Mixed Fruit Milk	Pepperoni Pizza Cooked Peas & Carrots Baked Tater Tots Milk Diced Pears Carnival Cookie	NO SCHOOL
<b>2</b>	Cheese Quesadilla w/ Salsa Mexican Corn Cinn. Churro Mandarin Oranges Milk	Crispy Chicken Nuggets Garlic Mashed Potatoes Carrots Vanilla Pudding Milk	Tomato Soup Toasted Cheese Sandwich Goldfish Crackers Pineapple Tidbits Milk	Egg Omelet Turkey Sausage Hash Brown Patty Blueberry Muffin Strawberries Milk	NO SCHOOL
<b>3</b>	Grilled Chicken Patty on Bun Garlic Mashed Potatoes Steamed Broccoli 100% Fruit Slushy Milk	Pizzaburger on Bun Cooked Carrots Baked French Fries Apple Crisp Milk	Sloppy Joe Creamy Mashed Potatoes Cooked Green Beans Mixed Fruit Milk	Cheese Ravioli w/ Sauce Garlic Breadstick Romaine Salad Cottage Cheese Diced Peaches Milk	NO SCHOOL
<b>4</b>	Breaded Chicken Strips Parsley Potatoes Cooked Peas Yogurt Cup w/ Fruit Milk	Turkey Tetrazzini Green Beans Dinner Roll Fresh Orange Slices Milk	Hamburger Baked Beans Steamed Cauliflower Fresh Blueberries & Strawberries Milk	Fish Sandwich Sweet Potato Sticks Cooked Carrots Warm Cinnamon Apple Slices Milk	NO SCHOOL

**Whole Grain rich products are used for all grain items, including breads, pastas, and breading.**

**Choice of Milk served each day—1% white, non-fat Chocolate and non-fat Strawberry.**

Menu items subject to change for special occasions.

\*Ketchup and mustard available as appropriate with entrees.

## NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch<sup>1</sup>.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.<sup>2</sup>

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27	28	29	30	31		

S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/3	25	26	27	28	29	30

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

1. NHANES 2011-12 and NHANES 2013-2014.  
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

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