

# 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

## January-May 2018

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 Diced Pears Milk	Pizza Hut Pepperoni Pizza Cooked Peas & Carrots Baked Tater Tots Milk Chilled Mixed Fruit 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>	Breaded Chicken Strips Sweet 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>	Grilled Chicken Patty on Bun Parsley Potatoes Cooked Peas Yogurt Cup w/ Fruit Milk	Turkey Tetrizzini 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:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.<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>

January 2018

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2018

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

■ Week 1 Meal Plan    
 ■ Week 2 Meal Plan    
 ■ Week 3 Meal Plan    
 ■ Week 4 Meal Plan

1. 2015-2020 Dietary Guidelines for Americans  
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

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