

Eastgate Preschool



Stark County Board of
Developmental Disabilities

MEAL PRICING:

Snack is provided to all preschoolers at no cost.

SNACK Menu

January-May 2018

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|---|--|---|-----------|
| 1 | Applesauce or Apple Slices "Scooby Doo" Grahams Water | Poptart Strawberry Banana V8 Fusion Juice | Fruity Cheerios with Milk ½ Banana Water | Cheddar Goldfish Crackers Water | NO SCHOOL |
| 2 | Yogurt Cup "Bug Bites" Graham Snacks Water | Soft Pretzel Rods Cheese Cup Fruitables Juice | Veggie Straws with Ranch Dip Water | Cinnamon Toast Crunch Cereal Milk Water | NO SCHOOL |
| 3 | Ritz Crackers American Cheese Water | Tortilla Chips Salsa White Grape Juice | Pear Slices or Diced Pear Cup Animal Crackers Water | Mini French Toast w/ Syrup Milk | NO SCHOOL |
| 4 | Apple Cinnamon Texas Toast Milk | Trix Cereal with Milk Water | Chex Mix Orange Slices or Mandarin Orange Cup Water | Giant Goldfish Grahams Apple Juice | NO SCHOOL |

Whole Grain products are used for all grain items.

Cereals are reduced sugar whenever available.

An option between fresh fruit or a fruit cup is often offered in order to meet the different texture needs of the students.

DRINKS

When served, juice is 100% Fruit Juice.

When served, milk is: 1% white, non-fat Chocolate and non-fat Strawberry.

Menu items subject to change for special occasions.

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²

| 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 | | | |

| 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 | | | |

| 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 |

| 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 | | | | | |

| 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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