

Rebecca Stallman Southgate School



Stark County Board of
Developmental Disabilities

MEAL PRICING:

Breakfast is provided at no cost to all students.

BREAKFAST Menu

January-May 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Poptart String Cheese Diced Peach Cup Juice Milk	Honey Nut Cheerios w/ Milk Cheddar Goldfish Applesauce Juice	Soybutter & Grape Jelly "Jammer" Petite Banana Juice Milk	Cocoa Puffs w/ Milk Mini Animal Grahams Applesauce Juice	Asst. Oatmeal w/ Milk Cinnamon Giant Goldfish Diced Pear Cup Juice
2	Cinnamon Toast Crunch Cereal w/ Milk Animal Crackers Juice	"Crunch Mania" French Toast Snacks Applesauce Juice Milk	Trix Cereal w/ Milk Petite Banana Yogurt Cup Juice	Wild Berry Bread Diced Peach Cup Juice Milk	Asst. Oatmeal w/ Milk "Bug Bites" Grahams Applesauce Juice
3	"Crunch Mania" Cinna Bun Snacks Flavored Applesauce Juice Milk	Froot Loops Cereal w/ Milk Vanilla Giant Goldfish Petite Banana Juice	Animal Crackers Yogurt Cup Applesauce Juice Milk	Frosted Flakes w/ Milk String Cheese Diced Peach Cup Juice	Asst. Oatmeal w/ Milk Cinnamon Giant Goldfish Applesauce Juice
4	Rice Chex w/ Milk Cheddar Goldfish Diced Pears Cup Juice	"Scooby Doo" Grahams Hard Boiled Egg Applesauce Juice Milk	Apple/Cinn Cheerios w/ Milk Graham Crackers Petite Banana Juice	Breakfast Bar Yogurt Cup Applesauce Juice Milk	Asst. Oatmeal w/ Milk Goldfish Oats & Honey Grahams Diced Peach Cup Juice

Whole Grain products are used for all grain items.

Cereals are reduced sugar whenever available.

DRINKS

Choice of 100% Fruit Juice served each day.

Choice of Milk served each day—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>.

This institution is prohibited from discriminating on the basis of race, color, national origin, disability, age, sex, and in some cases, religion or political beliefs.