

# Rebecca Stallman Southgate School



Stark County Board of  
Developmental Disabilities

## MEAL PRICING:

Lunch Full Price \$ 2.30  
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>	Egg Omelet Turkey Sausage Hash Brown Patty Blueberry Muffin Mandarin Oranges Milk	Spaghetti w/ Meat Sauce Dinner Roll Romaine Salad Diced Peas Milk	Cheeseburger Sweet Potatoes Cooked Broccoli Diced Peaches Milk	Pizza Hut Pepperoni Pizza Cooked Peas & Carrots Baked Tater Tots Fruit Sorbet Milk	Macaroni & Cheese Steamed Green Beans Chilled Mixed Fruit Dinner roll Milk
<b>2</b>	Scalloped Potatoes & Ham Cooked Peas Bread Slice Strawberry Cup Milk	Crispy Chicken Nuggets Garlic Mashed Potatoes Carrots Vanilla Pudding Milk	Turkey & Cheese Sandwich Baked Beans Romaine Salad Diced Peas Milk	French Toast Sticks Turkey Sausage Hash Brown Patty Cinnamon Applesauce Milk	Cheese Quesadilla w/ Salsa Mexican Corn Cinnamon Churro Diced Peaches Milk
<b>3</b>	Grilled Chicken Patty on Bun String Cheese Steamed Broccoli 100% Fruit Slushy Milk	Pizza Hut Pepperoni Pizza Cooked Carrots Baked French Fries Diced Peas Milk	Mini Blueberry Pancakes Turkey Sausage Baked Tater Tots Pineapple Tidbits Milk	Sloppy Joe Creamy Mashed Potatoes Cooked Green Beans Applesauce Milk	Tomato Soup Grilled Cheese Sandwich Goldfish Crackers Mixed Fruit Milk
<b>4</b>	Breaded Chicken Strips Parsley Potatoes Cooked Peas Yogurt Cup w/ Fruit Milk	Salisbury Steak Mashed Potatoes & Gravy Cooked Corn Bread Slice Pineapple Tidbits Milk	Hamburger Sweet Potato Fries Steamed Cauliflower Mandarin Oranges Milk	BBQ Beef Riblet on Bun Baked Tater Tots Cooked Carrots Carnival Cookie Milk	Fish Sandwich Baked French Fries Green Bean Casserole Strawberries Milk

## DAILY SELECTIONS:

High School students have choice between fruit on menu or applesauce along with a choice of entrée on menu or a turkey sandwich.

**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.

## 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>

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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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