

# Eastgate Preschool



Stark County Board of  
Developmental Disabilities

## MEAL PRICING:

Snack is provided to all preschoolers at no cost.

## SNACK Menu

## August-December 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Cheddar Goldfish Crackers Water	Poptart Strawberry Banana V8 Fusion Juice	Fruity Cheerios with Milk ½ Banana Water	Applesauce or Apple Slices "Scooby Doo" Grahams Water	NO SCHOOL
<b>2</b>	Yogurt Cup "Bug Bites" Graham Snacks Water	Pretzel Rods Raisins Fruitables Juice	Veggie Straws with Ranch Dip Water	Cinnamon Toast Crunch Cereal Milk Water	NO SCHOOL
<b>3</b>	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
<b>4</b>	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 19<sup>1</sup>
- 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 cereal<sup>2</sup>

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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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S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24/ 31	25	26	27	28	29

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

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.

1. NHANES 2013-14.

2. NHANES 2011-2012 and NHANES 2013-2014.