

Rebecca Stallman Southgate School



Stark County Board of
Developmental Disabilities

MEAL PRICING:

Breakfast is provided at no cost to all students.

BREAKFAST Menu

August-December 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

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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.