

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.payschoolscentral.com or by cash or check
made out to Stark DD and sent to school.

LUNCH Menu

August-December 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	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
2	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
3	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 Waffles with Syrup 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
4	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:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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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

1. NHANES 2011-12 and NHANES 2013-2014.
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

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