

# Rebecca Stallman Southgate School



Stark County Board of  
Developmental Disabilities

## MEAL PRICING:

Breakfast is provided at no cost to all students.

## BREAKFAST Menu

## January-July 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	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
<b>2</b>	Cinnamon Toast Crunch Cereal w/ Milk Pear Cup 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
<b>3</b>	"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
<b>4</b>	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 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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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>.

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