

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 2021

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|---|---|---|
| 1 | Pop tart String Cheese Diced Peach Cup Juice Milk | Apple Jack kit w/ Milk Keebler honey grahams Applesauce Juice | Soy butter & Grape Jelly "Jammer" Petite Banana Juice Milk | Breakfast Bar Yogurt Cup Applesauce Juice Milk | Asst. Oatmeal w/ Milk Cinnamon Giant Goldfish Diced Pear Cup Juice |
| 2 | Cinnamon Toast Crunch Cereal kit w/ Milk Pear Cup Animal Crackers Juice | "Crunch Mania" French Toast Snacks Applesauce Juice Milk | Trix Cereal w/ Milk Petite Banana Yogurt Cup Juice | Banana 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 | Lucky charms Cereal w/ Milk Giant Goldfish grahams Banana Fruit punch | 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 | Cocoa Puffs kit w/ Milk Mini Animal Grahams Applesauce Juice | 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

August 2021

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

September 2021

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

October 2021

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

November 2021

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

December 2021

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

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

1. NHANES 2013-14.

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