

# Rebecca Stallman Southgate School



Stark County Board of  
Developmental Disabilities

## MEAL PRICING:

Lunch Full Price	\$ 2.40
Reduced Lunch Price	\$ .40
Milk Only	\$ .50

Payment may be made electronically at [www.payschoolscentral.com](http://www.payschoolscentral.com) or by cash or check made out to Stark DD and sent to school.

## LUNCH Menu

## August-December 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Meatball sub w/cheese Au gratin Potatoes Corn Mandarin oranges	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 Applesauce Milk	Macaroni & Cheese Steamed Green Beans Chilled Mixed Fruit Dinner roll Milk
<b>2</b>	Chicken Tetrazzini Cooked Peas Bread Slice peaches Milk	Crispy Chicken Nuggets Garlic Mashed Potatoes Carrots Applesauce 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 Cooked Corn Cinnamon Carnival cookie Mixed fruit Milk
<b>3</b>	Breaded Chicken Patty on Bun String Cheese Steamed Broccoli peaches Milk	Pizza Hut Pepperoni Pizza Cooked Carrots Baked French Fries Diced Peas Milk	Confetti Pancakes 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
<b>4</b>	Breaded Chicken Strips Parsley Potatoes Bread Slice Cooked Peas Peaches Milk	Salisbury Steak Mashed Potatoes & Gravy Cooked Corn Bread Slice Pineapple Tidbits Milk	Hamburger Sweet Potato Fries Steamed Cauliflower Mandarin Oranges Milk	BBQ Pork Riblet on Bun Baked Tater Tots Cooked Carrots Applesauce Milk	Fish Sandwich Baked French Fries Cooked Green Beans Mixed fruit 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 lunch<sup>1</sup>.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.<sup>2</sup>

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26	27	28	29	30	31	

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>.