

# Eastgate Early Childhood Center Preschool



Stark County Board of  
Developmental Disabilities

## MEAL PRICING:

Lunch Full Price	\$ 2.00
Reduced Lunch Price	\$ .40
Milk Only	\$ .50
Payment may be made electronically at <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> or by cash or check made out to Stark DD and sent to school.	

## Lunch Menu

## August-December 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	French Toast Sticks Turkey Sausage Hash Brown Fruit Sorbet Milk	Macaroni & Cheese Steamed Green Beans Diced Peaches Dinner roll Milk	Cheeseburger Sweet Potato Fries Cooked Broccoli Diced Pears Milk	Pepperoni Pizza Cooked Peas & Carrots Baked Tater Tots Milk Chilled Mixed Fruit Carnival Cookie	NO SCHOOL
<b>2</b>	Cheese Ravioli w/ Sauce Garlic Breadstick Romaine Salad Cottage Cheese Diced Peaches Milk	Crispy Chicken Nuggets Garlic Mashed Potatoes Carrots Vanilla Pudding Milk	Tomato Soup Toasted Cheese Sandwich Goldfish Crackers Pineapple Tidbits Milk	Egg Omelet Turkey Sausage Hash Brown Patty Blueberry Muffin Strawberries Milk	NO SCHOOL
<b>3</b>	Breaded Chicken Strips Sweet Potatoes Steamed Broccoli 100% Fruit Slushy Milk	BBQ Pulled Pork on Bun Cooked Carrots Baked French Fries Apple Crisp Milk	Pepperoni Pizza Cooked Peas & Carrots Baked Tater Tots Milk Chilled Mixed Fruit Carnival Cookie	Sloppy Joe on Bun Creamy Mashed Potatoes Cooked Green Beans Mixed Fruit Milk	NO SCHOOL
<b>4</b>	Grilled Chicken Patty on Bun Parsley Potatoes Cooked Peas Yogurt Cup w/ Fruit Milk	Spaghetti with Meat Sauce Green Beans Dinner Roll Fresh Orange Slices Milk	Hamburger Baked Beans Steamed Cauliflower Fresh Blueberries & Strawberries Milk	Fish Sandwich Sweet Potato Fries Cooked Carrots Warm Cinnamon Apple Slices Milk	NO SCHOOL

**Whole Grain rich  
products are  
used for all grain  
items, including  
breads, pastas,  
and breadings.**

**Choice of Milk  
served each  
day—1% white,  
non-fat  
Chocolate and  
non-fat  
Strawberry.**

Menu items  
subject to change  
for special  
occasions.

\*Ketchup and  
mustard available  
as appropriate  
with entrees.

## 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>

August 2023						
S	M	T	W	T	F	S
	21	22	23	24	25	
	28	29	30	31	1	

September 2023						
S	M	T	W	T	F	S
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	

October 2023						
S	M	T	W	T	F	S
	2	3	4	5	6	
	9	10	11	12	13	
	16	17	18	19	20	
	23	24	25	26	27	
	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	
	6	7	8	9	10	
	13	14	15	16	17	
	20	21	22	23	24	
	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	



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>.