## R. Stallman Southgate School



## **MEAL PRICING:**

Breakfast is provided to all students at no cost.

BREAKF	AST Menu	ı	August-D	December 2023			
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.

An option between fresh fruit or a fruit cup is often offered in order to meet the different texture needs of the students.

## **DRINKS**

When served, juice is 100% Fruit Juice.

When served, milk is: 1% white, or non-fat Chocolate.

Menu items subject to change for special occasions or product availability.

## **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 cereal<sup>2</sup>

August 2023							
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November 2023						
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Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan