## R. Stallman Southgate School



MEAL PRICING:

Lunch Full Price \$ 2.40

Reduced Lunch Price \$ .40

Milk Only \$ .50

Payment may be made electronically at

www.payschoolscentral.com or by cash or check made

out to Stark DD and sent to school.

Lunch I	Menu		August-D	ecember	2023	
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEAL PRICING:
1	Meatball sub w/cheese Au gratin Potatoes Corn Mandarin oranges milk	Spaghetti w/ Meat Sauce Dinner Rolli Romaine Salad Diced Pears Milk	Cheeseburger Sweet Potatoes Cooked Broccoli Diced Peaches Milk	Pepperoni Pizza Cooked Peas & Carrots Baked Tater Tots Applesauce Milk	Macaroni & Cheese Steamed Green Beans Mixed Fruit Dinner roll Milk	Lunch Full Price \$ 2.40 Reduced Lunch Price \$ .40 Milk Only \$ .50
2	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 Pears Milk	French Toast Sticks Turkey Sausage Hash Brown Cinnamon Applesauce Milk	Cheese Quesadilla w/ Salsa Cooked Com Carnival cookie Mixed fruit Milk	Payment may be made electronically at www.payschool scentral.com or by cash or
3	Breaded Chicken Patty on Bun String Cheese Steamed Broccoli peaches Milk	Pepperoni Pizza Cooked Carrots Baked French Fries Diced Pears 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	check made out to Stark DD and sent to school.
4	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 Millk	BBQ Pork Riblet on Bun Baked Tater Tots Cooked Carrots Applesauce Milk	Fish Sandwich Baked French Fries Cooked Green Beans Mixed fruit Milk	

## **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	М	T	W	T	F	S	
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	21	22	23	24	25		
	28	29	30	31	1		

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

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				

Week 1 Meal Plan

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

S	М	T	W	Т	F	S
			-		1	
	4	5	6	7	8	\$
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	

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Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan