

R. Stallman Southgate School



Stark County Board of
Developmental Disabilities

MEAL PRICING:

Breakfast is provided to all students at no cost.

The following major food allergens are used as ingredients:

Milk, Egg, Tree nuts, Peanuts, Wheat, Soy and Sesame.

Please notify a food employee for more information about these ingredients.

BREAKFAST Menu

August-December 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pop tart String Cheese Diced Peach Cup Juice Milk	Trix cereal kit Mini animal crackers Applesauce Juice Milk	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	Blueberry muffin Applesauce Juice Milk	Honey graham cereal Petite banana Yogurt Juice Milk	Banana Bread Diced Peach Cup Juice Milk	Asst. Oatmeal w/ Milk "Bug Bites" Grahams Applesauce Juice
3	Glazed donut Applesauce Juice Milk	Lucky charms Cereal kit Giant Goldfish grahams Pear cup Juice Milk	Animal Crackers Yogurt Cup Petite banana 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.

Choice of Milk
served : 1% white,
or non-fat
Chocolate.

Menu items
subject to change
for special
occasions or
product
availability

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Wheat, Soy and
Sesame.

Please notify a
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more information
about these
ingredients

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 19.¹
- 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.²

August 2026						
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 2026						
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 2026						
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

November 2026						
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 2026						
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.