

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 2025

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 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 2025						
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 2025						
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 2025						
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 2025						
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 2025						
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.