

SEASD MONTHLY MEAL PLANNER : MARCH 2021 Grades 5 thru 12

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	1 Waffles W/ Sausage	2 Loaded Nacho Day	3 Cheese Ravioli w/ Marinara Sauce & Bread Stick	4 Oven Baked Home-style Chicken Patty Sandwich	5 Mac & Cheese
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Rice & Beans Fruit of the Day Sliced Oranges	with VEG Of The Day Fresh Broccoli Fruit of the Day Cupped Fruit	with VEG Of The Day Oven Baked Fries Fruit of the Day Cupped Fruit	with VEG Of The Day Fresh Green Peas Fruit of the Day Fresh Strawberries
WEEK 2	8 Pancakes served W/ Sausage	9 Hamburgers or Cheeseburgers	10 Meatball Parmesan Sandwich	11 Mozzarella Sticks Side Marinara	12 Tony's Personal Deep Dish Pizza
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day French Fries Fruit of the Day Sliced Oranges	with VEG Of The Day Corn Fruit of the Day Cupped Fruit	with VEG Of The Day Broccoli Florets Fruit of the Day Cupped Fruit	with VEG Of The Day Pepper Strips Fruit of the Day Fresh Strawberries
WEEK 3	15 French Toast Sticks Served w/ Sausage	16 Mac & Cheese	17 General TSO Chicken	18 Twin Tacos	19 Soup & Sandwich Day Toasted Grilled Cheese
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Green Beans Fruit of the Day Sliced Oranges	with VEG Of The Day Fried Rice Fruit of the Day Cupped Fruit	with VEG Of The Day Southwestern Corn Fruit of the Day Cupped Fruit	with VEG Of The Day Tomato Soup Fruit of the Day Fresh Strawberries
WEEK 4	22 Waffles W/ Sausage	23 Spaghetti W/ Meatballs	24 Cheesy Mashed Potato w/ Popcorn Chicken	25 Hamburgers or Cheeseburgers	26 Pizza Sticks
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Oranges	with VEG Of The Day Peas Fruit of the Day Cupped Fruit	with VEG Of The Day French Fries Fruit of the Day Cupped Fruit	with VEG Of The Day Celery Sticks w/ Dip Fruit of the Day Fresh Strawberries
WEEK 5	29 Pancakes served W/ Sausage	30 Soup & Sandwich Day Toasted Grilled Cheese	<div>Depot Schedule for March will remain the same. Distribution will be on Mondays, Wednesdays & Fridays . Locations will be at Limerick and 5,6,7 Building . Depot times will be from 4:15 to 6:00. . If you have any questions please contact Scott Orsini at sorsic@spring-ford.net</div> <div><u>Mondays Distribution</u> Meal #1 Tuesdays menu / Meal #2 Wednesdays menu <u>Wednesdays Distribution</u> Meal #1 Thursdays Menu / Meal #2 Fridays Menu <u>Fridays Distribution</u> Meal #1 Mondays Menu / Meal #2 Requested Weekend meals</div>		
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Tomato Soup Fruit of the Day Sliced Oranges			





Breakfast Weekly Menu

Monday— Assorted Cereal w/ Graham Crackers
Tuesday— Chocolate chip muffins
Wednesday— On the run Mini Waffles
Thursday— Flavored Donut holes
Friday — Assorted Cereal Bars w/ Animal Crackers

Each item will be served along with :
Fruit of the day,
Flavored milk,
Flavored 4oz juice.

Alternative Cold Lunch Menu

Monday— Turkey & Cheese hoagie
Tuesday— Garden salad served with roasted chicken strips
Wednesday— Buffalo Chicken Wrap
Thursday— Caesar salad served with roasted popcorn chicken
Friday — Ham & Cheese served on a club roll

All sandwiches will be served with Bagged carrots and fruit of the day.
All salads will be served with fruit of the day.

