

SFASD MONTHLY MEAL PLANNER : January 2021

Food Service Director: Scott Orsini
Email: Sorsic@spring-ford.net Phone: 610-705-6118



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	3 <p>French Toast Sticks w/ Sausage</p> <p>with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears</p>	4 <p>Spaghetti & Meatball Day</p> <p>with <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Mixed Fruit</p>	5 <p>Mac & Cheese</p> <p>with <u>VEG Of The Day</u> Green Beans <u>Fruit of the Day</u> Applesauce</p>	6 <p>Salisbury Steak w/Egg Noodles & Gravy</p> <p>with <u>VEG Of The Day</u> Glazed Carrots <u>Fruit of the Day</u> Peaches</p>	7 <p>Mozzarella Sticks</p> <p>Side: Marinara Sauce</p> <p>with <u>VEG Of The Day</u> Smiley Fries <u>Fruit of the Day</u> Cupped Blueberries</p>
WEEK 2	10 <p>Pancakes w/ Sausage</p> <p>with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears</p>	11 <p>French Bread Pizza</p> <p>with <u>VEG Of The Day</u> Side Salad <u>Fruit of the Day</u> Mixed Fruit</p>	12 <p>Three Cheese Calzone w/ Marinara sauce</p> <p>with <u>VEG Of The Day</u> Smiley Fries <u>Fruit of the Day</u> Applesauce</p>	13 <p>Disco Fries</p> <p>with <u>VEG Of The Day</u> Carrot Sticks w/dip <u>Fruit of the Day</u> Peaches</p>	14 <p>Walking Taco</p> <p>with <u>VEG Of The Day</u> Spiced Rice & Beans <u>Fruit of the Day</u> Cupped Blueberries</p>
WEEK 3		18 <p>Mediterranean Grain Bowl</p> <p>with <u>VEG Of The Day</u> Pickled Relish <u>Fruit of the Day</u> Mixed Fruit</p>	19 <p>Chicken Parmesan W/ Spaghetti</p> <p>with <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Applesauce</p>	20 <p>Hamburger Cheeseburger</p> <p>with <u>VEG Of The Day</u> Sweet Potato Tots <u>Fruit of the Day</u> Peaches</p>	21 <p>Chicken Tenders</p> <p>with <u>VEG Of The Day</u> Waffle Fries <u>Fruit of the Day</u> Cupped Blueberries</p>
WEEK 4	24 <p>French Toast Sticks w/ Sausage</p> <p>with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears</p>	25 <p>Soup & Sandwich Day</p> <p>Toasted Grilled Cheese</p> <p>with <u>VEG Of The Day</u> Tomato Soup <u>Fruit of the Day</u> Mixed Fruit</p>	26 <p>Pizza Bagels</p> <p>with <u>VEG Of The Day</u> Celery Sticks w/dip <u>Fruit of the Day</u> Apple sauce</p>	27 <p>General TSO Chicken</p> <p>with <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Peaches</p>	28 <p>Corn Dog Nuggets w/ Dipping Sauces</p> <p>with <u>VEG Of The Day</u> French Fries <u>Fruit of the Day</u> Cupped Blueberries</p>
WEEK 5	31 <p>Pancakes w/ Sausage</p> <p>with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears</p>				

JANUARY 2022 PROMOTIONS



January 4 – National Spaghetti Day



January 17 – Celebrating Martin Luther King Day



January 26 – National bagel day



January 18 – Meal of the Month (Mediterranean Grain Bowl)



January 18 Giveaway - Ace collapsible Cup

If you order A **Mediterranean Grain Bowl** on January 18 you will receive the January giveaway at the below locations only

Royersford , Limerick & Evans

Alternative Hot Lunch

Chicken Nuggets, Chicken Patty or Pizza

Alternative Cold Lunch Offered daily

Turkey & Cheese Hoagie

Ham & Cheese Hoagie

Spring Ford Salad offered daily

All alternate Fruit & Vegetables available daily

Fruit of the Month : Sliced Apples