



SFASD MONTHLY MEAL PLANNER: June 2021 Grades 5 thru 7

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1		1 Waffles Served W/ Sausage <i>with</i> <u>VEG Of The Day</u> Hash Brown <u>Fruit of the Day</u> Sliced Oranges	2 Hamburgers or Cheeseburgers <i>with</i> <u>VEG Of The Day</u> Oven Baked Fries <u>Fruit of the Day</u> Cupped Fruit	3 Loaded Nachos <i>with</i> <u>VEG Of The Day</u> Rice & Beans <u>Fruit of the Day</u> Cupped Fruit	4 Big Daddy's Pizza <i>with</i> <u>VEG Of The Day</u> Smiley Tots <u>Fruit of the Day</u> Grapes
WEEK 2	7 French Toast Sticks Served W/ Sausage <i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit	8 Spaghetti w/ Meatballs <i>with</i> <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Sliced Oranges	9 Mac & Cheese <i>with</i> <u>VEG Of The Day</u> Peas <u>Fruit of the Day</u> Cupped Fruit	10 Cheese Ravioli w/Marinara Sauce & Bread Stick <i>with</i> <u>VEG Of The Day</u> Broccoli Florets <u>Fruit of the Day</u> Cupped Fruit	11 Hot Dog Day <i>with</i> <u>VEG Of The Day</u> Baked Beans <u>Fruit of the Day</u> Fresh Strawberries
WEEK 3	14 Pancakes W/ Sausage <i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit	15 Ham & Cheese Melt <i>with</i> <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Sliced Oranges	16 Hamburgers or Cheeseburgers <i>with</i> <u>VEG Of The Day</u> Oven Baked Fries <u>Fruit of the Day</u> Cupped Fruit	17 Tony's Deep Dish Pizza <i>with</i> <u>VEG Of The Day</u> Smiley Tots <u>Fruit of the Day</u> Cupped Fruit	
WEEK 4					
WEEK 5			Depot Schedule for March will remain the same. Distribution will be on Mondays, Wednesdays & Fridays . Locations will be at Limerick <u>and</u> 5,6,7 Building . Depot times will be from 4:15 to 6:00. . If you have any questions please contact Scott Orsini at sorsiic@spring-ford.net <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>		



Breakfast Weekly Menu

Monday— Assorted Cereal w/ Graham Crackers

Tuesday— Chocolate Chip Muffins

Wednesday— Egg Sandwich on English Muffin

Thursday— Bagel & Cream Cheese

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

Wednesday— Buffalo Chicken Wrap

Thursday— Caesar salad

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.

