SFASD MONTHLY MEAL PLANNER: BREAKFAST

November 2022

Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Spooky Egg & Cheese Mumminy Mullin Or Assorted Cereal Served w/ cheese stick	1 Bacon and Egg Taco Or Assorted Cereal Served w/ cheese stick	2 Waifles Or Assorted Cereal Served w/ cheese stick	3 Double Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	Pancakes Or Assorted Cereal Served w/ cheese stick
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Blueberries
WEEK 2	Cinnamon and Sugar Donuf Or Assorted Cereal Served w/ cheese stick	SCHOOL	French Toasi Or Assorted Cereal Served w/ cheese stick	Blueberry Muffin Or Assorted Cereal Served w/ cheese stick	11 Egg and Cheese Sandwich Or Assorted Cereal Served w/ cheese stick
	Fruit of the Day Cup Pears	CLOSED	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Blueberries
WEEK 3	Vanilla Glazed Donut Or Assorted Cereal Served w/ cheese stick	Sausage, Egg, and Cheese Taco Or Assorted Cereal Served w/ cheese stick	Waffles Or Assorted Cereal Served w/ cheese stick	Double Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	Egg and Cheese Sandwich Or Assorted Cereal Served w/ cheese stick
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Blueberries
WEEK 4	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	Thanksgiving	Hello November
WEEK 5	Powdered Sugar Donut Or Assorted Cereal Served w/ cheese stick	Bacon and Egg Taco Or Assorted Cereal Served w/ cheese stick	Waitles Or Assorted Cereal Served w/ cheese stick	Build a Healthy Breakfast fruit (or grain Offer Vs. Serve The fourth loss offered loss of the first of the fourth loss of the first	SCHOOL BREAKFAST Parameter Parameter
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Coektail	Fruit of the Day Cup Peaches	Choose at least 3 items from the four offered, One must be a 1/2 cup of fruit (or vegetable). This institution is an equal opportunity provider.	Without Same and the second of

AVAILABLE DAILY

Fruits offered Daily: such as sliced apples, orange wedges, raisins

Sugar free Juice selection offered: orange juice, apple juice & fruit punch

Milk offered: 1% White milk, Fat Free chocolate milk

Cereal: Cheerios, Cinn toast, Cocoa Puffs, Golden Grahams, & Lucky Charms served w/ animal crackers or Graham crackers Meat/ALT Cheese Stick





For detailed menu and nutrient information visit <u>Spring-Ford.Nutrislice.com</u>. Menus are subject to change without notice. This institution is an equal opportunity provider.

NOTICE TO CONSUMERS

Please communicate any food allergles to an employee of this establishment and

Please communicate any food allergies to an employee of this establishment and that employee shall communicate that food allergy information to the Person in Charge or Certified Food Protection Manager on duty at this establishment.







Daily Breakfast Prices

Starting October 1, all Breakfast will be free to the student.

(Increased Portion Grades 5th to 8th)

Four food groups are offered at Breakfast: Meat/Meat ALT, Fruit, Grain, & Milk. In order to receive the above price, the lunch will need to have 3 of the 4 components offered daily, one of the three components <u>must</u> be either a fruit or a vegetable. If a student does not follow the above guidelines then the meal will be charged at a per item price. (see snack price list)

Do you qualify for free or reduced lunch? Visit the Spring-Ford website to submit application.

Any questions you can contact the FSD at 610-705-6118 or email at sorsiic@spring-ford.net.