





SEASD MONTHLY MEAL PLANNER : BREAKFAST

November 2022

Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	31 Spooky Egg & Cheese Mummy Muffin Or Assorted Cereal Served w/ cheese stick	1 Bacon and Egg Taco Or Assorted Cereal Served w/ cheese stick	2 Waffles Or Assorted Cereal Served w/ cheese stick	3 Double Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	4 Pancakes Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Blueberries
WEEK 2	7 Cinnamon and Sugar Donut Or Assorted Cereal Served w/ cheese stick		9 French Toast Or Assorted Cereal Served w/ cheese stick	10 Blueberry Muffin Or Assorted Cereal Served w/ cheese stick	11 Egg and Cheese Sandwich Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u> Cup Pears		<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Blueberries
WEEK 3	14 Vanilla Glazed Donut Or Assorted Cereal Served w/ cheese stick	15 Sausage, Egg, and Cheese Taco Or Assorted Cereal Served w/ cheese stick	16 Waffles Or Assorted Cereal Served w/ cheese stick	17 Double Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	18 Egg and Cheese Sandwich Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Blueberries
WEEK 4					
					
WEEK 5	28 Powdered Sugar Donut Or Assorted Cereal Served w/ cheese stick	29 Bacon and Egg Taco Or Assorted Cereal Served w/ cheese stick	30 Waffles Or Assorted Cereal Served w/ cheese stick		
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches		

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 Spring-Ford.Nutrislice.com. Menus are subject to change without notice. This institution is an equal opportunity provider.



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 must 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.