



SEASD MONTHLY MEAL PLANNER : BREAKFAST

September 2022

Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	29 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	30 Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	31 Egg & Cheese on Bagel Or Assorted Cereal Served w/ cheese stick	1 Cherry Frudel Or Assorted Cereal Served w/ cheese stick	2 Blueberry Waffle Bash 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		6 Apple Cinnamon Muffin Or Assorted Cereal Served w/ cheese stick	7 Yogurt Parfait with topped fruit Or Assorted Cereal Served w/	8 Coco Donut Holes Or Assorted Cereal Served w/ cheese stick	9 Fruit French Toast Sticks Or Assorted Cereal Served w/ cheese stick
		<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 3	12 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	13 Banana Muffin Or Assorted Cereal Served w/ cheese stick	14 Egg & Cheese on Bagel Or Assorted Cereal Served w/ cheese stick	15 Apple Frudel Or Assorted Cereal Served w/ cheese stick	16 Blueberry Waffle Bash 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	19 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	20 Chocolate Filled Crescent Or Assorted Cereal Served w/ cheese stick	21 Yogurt Parfait with topped fruit Or Assorted Cereal Served w/ cheese stick	22 Glazed Donuts Or Assorted Cereal Served w/ cheese stick	23 Fruit French Toast Sticks 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 5		27 Blueberry muffin Or Assorted Cereal Served w/ cheese stick	28 Egg & Cheese on Bagel Or Assorted Cereal Served w/ cheese stick	29 Coco Cereal Bar Or Assorted Cereal Served w/ cheese stick	30 Waffle w/ syrup Or Assorted Cereal Served w/ cheese stick
		<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

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 Lunch Prices

Grades (K-4) \$1.60 Full Price
Grades (5th to 8th) \$1.85 Full Price
 (Increased Portion Grades 5th to 8th)
(All Grades) \$0.30 Reduced Price

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