

SEASD MONTHLY MEAL PLANNER : LUNCH

Grades K-8

November 2022

Food Service Director: Scott Orsini

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	31 Witches Waffle w/ Wolfman Sausage with VEG Of The Day Hash Brown Fruit of the Day Pears	1 Beef and Bean Burrito with VEG Of The Day Corn Fruit of the Day Mixed Fruit	2 Loaded Tots w/ Popcorn Chicken with VEG Of The Day Fresh Carrots Fruit of the Day Applesauce	3 Italian Hoagie with VEG Of The Day Celery Sticks w/ Dip Fruit of the Day Peaches	4 Spaghetti w/ Meatballs with VEG of the Day Side Salad Fruit of the Day Blue-Raspberry Lemon Smoothie
WEEK 2	7 Cheesy Beef Nachos with VEG of the Day Refried Beans Fruit of the Day Pears		9 Chili Mac with VEG of the Day Broccoli Fruit of the Day Applesauce	10 French Toast Sticks w/Sausage with VEG of the Day Hash Browns Fruit of the Day Peaches	11 Orange Chicken w/ Broccoli with VEG of the Day Brown Rice Fruit of the Day Orange Cream Smoothie
WEEK 3	14 Hot Dog with VEG of the Day Tater Tots Fruit of the Day Pears	15 Teriyaki Chicken w/ Vegetables with VEG of the Day Side Salad Fruit of the Day Mixed Fruit	Limited Time Offer Beef Taco Totcho Bowl with VEG of the Day Fresh Carrots Fruit of the Day Applesauce	17 Pancakes w/ Bacon with VEG of the Day Hash Browns Fruit of the Day Peaches	18 Roasted Turkey w/ Stuffing and Gravy with VEG of the Day Mashed Potatoes Fruit of the Day Strawberry-Mango
WEEK 4					
WEEK 5	28 Philly Cheesesteak with VEG of the Day French Fries Fruit of the Day Pears	29 Crispy Fish Tacos with VEG of the Day Black Beans Fruit of the Day Mixed Fruit	30 Mini Pierogis with VEG of the Day Corn Fruit of the Day Applesauce		

Daily Alternative Hot Lunch

Chicken Nuggets w/ Dinner Roll, Cheeseburger or Pizza

Daily Alternative Cold Lunch

Turkey & Cheese on Club Roll
Ham & Cheese on Club Roll
Spring-Ford Salad

Daily Alternate Fruit & Vegetable

Mini Bagged Carrots, Sliced Apples



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) \$3.05 Full Price
Grades (5th to 8th) \$3.25 Full Price
 (Increased Portion Grades 5th to 8th)
(All Grades) \$0.40 Reduced Price

Five food groups are offered at lunch: Meat/Meat ALT, Vegetable, Fruit, Grain, & Milk. In order to receive the above price, the lunch will need to have 3 of the 5 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



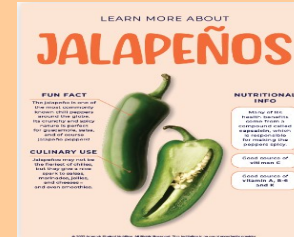
NOTICE TO CONSUMERS

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.



November 2022 Food Service Nutrition Newsletter

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



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New Staff:

We would like to welcome the following staff: **Judy Patterson & Bonny Hamilton —FSW**

November Fruits & Veggies: Jalapenos

Here's the bad news: Fewer than 1 in 4 adults eat the recommended amount of fruits every day.

Fewer than 1 in 7 adults eat the recommended amount of vegetables every day. Here's the good news: Eating a healthy diet with plenty of vegetables and fruits can help you lower your risk for heart disease and some types of cancer, maintain or reach a healthy weight and keep your body strong and active.

Health Highlights: Diabetes Month November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care. Here are some tips to help you [manage diabetes](#) and build your health care team:



November 3rd

National Sandwich Day

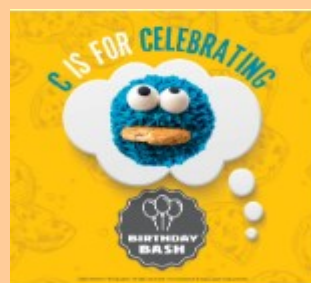
Free Giveaway w/Meal
of day



November 7th

National Nacho Day

Free Giveaway w/Meal
of day



November 2nd

Cookie Monster Birthday

Free Cookie with every
meal



November 16th

Beef Taco Totcho Bowl

Free Giveaway w/Meal
of day



November 18th

Holiday Turkey Meal

