

SEASD MONTHLY MEAL PLANNER : LUNCH

Grades K-8

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September 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	29 French Toast Sticks w/Sausage with VEG Of The Day Hash Browns Fruit of the Day Pears	30 Toasted Grilled Cheese with VEG Of The Day Corn Fruit of the Day Mixed Fruit	31 Pizza Bagels with VEG Of The Day Celery Sticks w/Dip Fruit of the Day Applesauce	1 Mac & Cheese with VEG Of The Day Baked Beans Fruit of the Day Peaches	2 Chicken Tenders with VEG of the Day Waffle Fries Fruit of the Day Blue-Raspberry Lemon Smoothie
WEEK 2	HAPPY LABOR DAY 	6 General Tso Chicken with VEG of the Day Fresh Broccoli Fruit of the Day Mixed Fruit	7 Chicken Parmesan w/Pasta with VEG of the Day Green Beans Fruit of the Day Applesauce	8 Fish Nuggets with VEG of the Day Baked Beans Fruit of the Day Peaches	9 Cheese Crunchers with VEG of the Day Smiley Fries Fruit of the Day Orange Cream Smoothie
WEEK 3	12 Waffles w/Sausage with VEG of the Day Hash Browns Fruit of the Day Pears	13 3 Cheese Calzone w/Marinara Sauce with VEG of the Day Corn Fruit of the Day Mixed Fruit	14 Limited Time Offer BBQ Chicken Plate with VEG of the Day Green Beans Fruit of the Day Applesauce	15 French Bread Pizza with VEG of the Day Seasoned Peas Fruit of the Day Peaches	16 Disco Fries with VEG of the Day Baked Beans Fruit of the Day Strawberry-Mango Smoothie
WEEK 4	19 French Toast Sticks w/Sausage with VEG of the Day Hash Browns Fruit of the Day Pears	20 Pasta & Meatballs w/Tomato Sauce with VEG of the Day Fresh Broccoli Fruit of the Day Mixed Fruit	21 Mini Corn Dogs with VEG of the Day Smiley Fries Fruit of the Day Applesauce	22 Salisbury Steak w/ Mashed Potatoes & Gravy with VEG of the Day Glazed Carrots Fruit of the Day Peaches	23 Popcorn Chicken with VEG of the Day BBQ Black Beans Fruit of the Day Sour Cherry-Lemon Smoothie
WEEK 5		27 Chicken Tenders with VEG of the Day Steamed Broccoli Fruit of the Day Mixed Fruit	28 Philly Cheesesteak with VEG of the Day French Fries Fruit of the Day Applesauce	29 Cheese Ravioli w/Marinara Sauce with VEG of the Day Sweet Potato Fries Fruit of the Day Pears	30 Beef Nachos with VEG of the Day Campfire Pinto Beans Fruit of the Day Kiwi-Strawberry Smoothie

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.



September 2022 Food Service Nutrition Newsletter



New Staff:

We would like to welcome the following staff: **Dan Ziegler—Chef Manager**

My Name is Dan Ziegler and I currently live in Spring City with my wife and thirteen-year-old son. I am a graduate of Spring-Ford and have been in the food service business for over twenty years. I am looking forward to using my experience and abilities to continue delivering quality food and service to the staff and students of the Spring-Ford School District.

September Fruits & Veggies: More Matters Month

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: National Yoga Month

Yoga is a terrific mind/body wellness discipline that has many benefits from stress reduction and relaxation to strengthening bones, joints, balance and flexibility. If you've ever thought about taking up yoga, now's the time because [September is National Yoga Month](#).

September Promotions



September 21 free giveaways to
celebrate Aces Birthday



BBQ Chicken Plate Wednesday 14.
Be sure to ask for the sample



Friday September 9th is
National Grandparents Day