

SFASD monthly breakfast planner:

May 2022

Grades 1-8



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	2 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	3 Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	4 Pancakes w/ Syrup Or Assorted Cereal Served w/ cheese stick	5 Cherry Frudel Or Assorted Cereal Served w/ cheese stick	6 Waffle w/ syrup 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	9 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	10 Apple Cinnamon Muffin Or Assorted Cereal Served w/ cheese stick	11 Pancakes w/ Syrup Or Assorted Cereal Served w/ cheese stick	12 Apple Bosco sticks Or Assorted Cereal Served w/ cheese stick	13 French Toast Sticks w/ Syrup 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 3	16 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick		18 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	19 Strawberry Cream cheese Bagel Or Assorted Cereal Served w/ cheese stick	20 French Toast Sticks w/ Syrup 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 4	23 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	24 Chocolate Filled Crescent Or Assorted Cereal Served w/ cheese stick	25 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	26 Glazed Donuts Or Assorted Cereal Served w/ cheese stick	27 Waffles w/ Syrup 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>	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Blueberries
WEEK 5			31 Blueberry muffin Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Cup Fruit Cocktail		
					

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
(Due to supply chain issues all cereals may not be offered at all times)



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:

All full Breakfast Meals will not be charged to the student for 2021–2022 school year.

A meal includes entrée, fruit side or fruit juice and choice of milk. To make a meal, students must select 3 or 4 items and at least one item must be a 1/2 cup of fruit.

Even though meals will not be charged to the student for the 21-22 school year you are still recommended to apply for Free & Reduce meal applications which can be found on the Spring-Ford website.

Food Service Director: Scott Orsini

Email: Sorsic@spring-ford.net

Phone: 610-705-6118