## **Spring-Ford Area School District**

## High School Breakfast Menu

## May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
2	French Toast w/ Syrup	<sup>3</sup> Pancakes w/ syrup	4 Waffle w/ syrup	<sup>5</sup> French Toast w/ Syrup	<sup>6</sup> Blueberry Waffles w/ syrup
	Cupped Fruit : Pears	Cupped Fruit : Mixed Fruit	Cupped Fruit : Applesauce	Cupped Fruit : Peaches	Cupped Fruit : Blueberries
9	French Toast w/ Syrup	10 Pancakes w/ syrup	11 Waffle w/ syrup	<sup>12</sup> French Toast w/ Syrup	<sup>13</sup> Blueberry Waffles w/ syrup
	Cupped Fruit : Pears	Cupped Fruit : Mixed Fruit	Cupped Fruit : Applesauce	Cupped Fruit : Peaches	Cupped Fruit : Blueberries
16	French Toast w/ Syrup	SCHOOL	<sup>18</sup> Waffle w/ syrup	<sup>19</sup> French Toast w/ Syrup	<sup>20</sup> Blueberry Waffles w/ syrup
	Cupped Fruit : Pears	CLOSED	Cupped Fruit : Applesauce	Cupped Fruit : Peaches	Cupped Fruit : Blueberries
23	French Toast w/ Syrup	<sup>24</sup> Pancakes w/ syrup	<sup>25</sup> Waffle w/ syrup	<sup>26</sup> French Toast w/ Syrup	<sup>27</sup> Blueberry Waffles w/ syrup
	Cupped Fruit : Pears	Cupped Fruit : Mixed Fruit	Cupped Fruit : Applesauce	Cupped Fruit : Peaches	Cupped Fruit : Blueberries
30	French Toast w/ Syrup	31 Pancakes w/ syrup	welcome	What Makes A Healthy Breakfast?	
	Cupped Fruit : Pears	Cupped Fruit : Mixed Fruit		Choose at least 3 Food Items must include a or or come feeda may equal 3 items	what should I EAT for breakfast?

## Available Daily

- ASSORTED HOT BREAKFAST SANDWICHES SERVED DAILY
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- MUFFINS
- POP TARTS, ASSORTED YOGURTS, AND ASSORTED CEREAL
- ASSORTED FRESH FRUIT SIDES: , APPLES, & ORANGES
- ADDITIONAL FRUIT DAILY: RAISINS
- 100% ORANGE JUICE, FRUIT JUICE AND APPLE JUICE
- MILK: FAT FREE CHOCOLATE, SKIM OR 1% WHITE



Students reimbursable meals are free. Must take # of the 4 offerings and one must be a fruit choice.



