








SEASD MONTHLY MEAL PLANNER : BREAKFAST

June 2023

Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1		30 Double Chocolate Chip Muffin Or <u>Fruit of the Day</u> Mixed Berries	31 Waffle Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries	1 Apple Frudel Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries	2 Frosted Fudge Poptart Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries
WEEK 2	5 Powdered Sugar Donut Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries	6 Apple Cinnamon Muffin Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries	7 Cooks Choice Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries	8 Cooks Choice Or Assorted Cereal Served w/ cheese stick <u>Fruit of the Day</u> Mixed Berries	
WEEK 3					

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 Breakfast Prices

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

(Increased Portion Grades 5th to 8th)

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 or email at sorsiic@spring-ford.net.