

# SFSD MONTHLY MEAL PLANNER : JANUARY 2021

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>4</b> Pancakes served W/ sausage	<b>5</b> Chicken Nuggets	<b>6</b> Chicken & Cheese Quesadillas	<b>7</b> Mac & Cheese	<b>8</b> Tony's Deep Dish Pizza
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Apples	with VEG Of The Day South west corn Fruit of the Day Sliced Oranges	with VEG Of The Day Peas Fruit of the Day Cupped Fruit	with VEG Of The Day Celery Sticks w/dip Fruit of the Day Fresh Strawberries
WEEK 2	<b>11</b> French Toast Sticks Served w/ Sausage	<b>12</b> Meatball Sandwich	<b>13</b> Mac & Cheese	<b>14</b> Chicken Nuggets	<b>15</b> Pepperoni Pizza Sticks
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Baby Carrots Fruit of the Day Sliced Apples	with VEG Of The Day Corn on the Cob Fruit of the Day Sliced Oranges	with VEG Of The Day French Fries Fruit of the Day Cupped Fruit	with VEG Of The Day Carrot Sticks w/ dip Fruit of the Day Fresh Grapes
WEEK 3	<b>18</b> MARTIN LUTHER KING JR. — DAY — 	<b>19</b> Breaded Chicken Drum Sticks	<b>20</b> General TSO Chicken w/ Dinner Roll	<b>21</b> Twin Tacos	<b>22</b> French bread Pizza
		with VEG Of The Day Peas Fruit of the Day Sliced Apples	with VEG Of The Day Fried Rice Fruit of the Day Raisons	with VEG Of The Day Southwestern Corn Fruit of the Day Cupped Fruit	with VEG Of The Day Side Salad Fruit of the Day Fresh Grapes
WEEK 4	<b>25</b> Pancakes served W/ sausage	<b>26</b> Spaghetti W/ Meatballs	<b>27</b> Cheesy Mashed Potato w/ Popcorn Chicken	<b>28</b> Hamburgers or Cheese Burgers	<b>29</b> Tony's Deep Dish Pizza
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Apples	with VEG Of The Day Peas Fruit of the Day Raisons	with VEG Of The Day French Fries Fruit of the Day Cupped Fruit	with VEG Of The Day Roasted Corn Fruit of the Day Fresh Strawberries
WEEK 5	<p>Depot Schedule for January will remain the same. Distribution will be on Mondays, Wednesdays &amp; Fridays . Locations will be at Limerick and 5,6,7 Building . Depot times will be from 4:15 to 6:00. Please be aware that we will be distributing meals on Monday January 18. Please see schedule of meals below. If you have any questions please contact Scott Orsini at sorsic@spring-ford.net</p> <div><div><u>Mondays Distribution</u> Meal #1 Tuesdays menu / Meal #2 Wednesdays menu <u>Fridays Distribution</u> Meal #1 Mondays Menu / Meal #2 Requested Weekend meals</div><div><u>Wednesdays Distribution</u> Meal #1 Thursdays Menu / Meal #2 Fridays Menu</div></div> <div></div>				



### Breakfast Weekly Menu

Monday— Assorted Cereal w/ Graham Crackers  
Tuesday— Chocolate chip muffins  
Wednesday— On the run Mini Waffles  
Thursday— Flavored Donut holes  
Friday — Assorted Cereal Bars w/ Animal Crackers

**Each item will be served along with**  
**Fruit of the day,**  
**flavored milk,**  
**flavored 4oz juice.**

### Alternative Cold Lunch Menu

Monday— Turkey & Cheese hoagie  
Tuesday— Garden salad served with roasted chicken strips  
Wednesday— Buffalo Chicken Wrap  
Thursday— Caesar salad served with roasted popcorn chicken  
Friday — Ham & Cheese served on a club roll

**All sandwiches will be served with Bagged carrots and fruit of the day.**  
**All salads will be served with fruit of the day.**

