



MARCH • 2019 • ELEMENTARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Feb. 25

- (1) Assorted Cereal w/Yogurt Cup
- (2) Hot Ham & Cheese on Pretzelwich
- (3) Baked Chicken Stix w/roll
- ~
- Tater Tots / Pears

Feb. 26

- (1) Grilled Chicken Sandwich
- (2) Mac-n-Cheese
- (3) Hot Dog
- ~
- Green Beans
- Pineapple

Feb. 27

- (1) Fresh Baked Cheese Pizza *(all Schools)*
- Papa Johns Pizza** *(Spring City, Brooke, Royersford & Oaks ONLY)*
- (2) Baked Potato w/Cheese & Broccoli
- (3) Chicken Patty Sandwich
- ~
- Broccoli / Applesauce

Feb. 28

- (1) Hot Meatball Sandwich
- (2) Oven Grilled Cheese Sandwich
- (3) Cheeseburger
- ~
- Tomato Soup / Peas
- Peaches

MARCH 1

- (1) Turkey or Ham Hoagie
- (2) Baked WG Mozzarella Sticks w/Marinara Dipping Sauce
- (3) Chicken Nuggets w/Roll
- ~
- Pinto Beans
- Mandarin Oranges



4

- (1) French Toast Sticks w/Scrambled Egg or Turkey Sausage
- (2) Egg & Cheese on a WW English Muffin
- (3) Baked Chicken Stix w/Roll
- ~
- Tater Tots / Pears

5

- (1) BBQ Chicken Drumsticks
- (2) Oven Grilled Cheese Sandwich
- (3) Hot Dog
- ~
- Tomato Soup / Baked Beans
- Pineapple

6

- (1) Fresh Baked Cheese Pizza *(all Schools)*
- (2) Fresh Baked Pepperoni Pizza *(all Schools)*
- Papa Johns Pizza** *(Limerick, Evans & Upper Providence ONLY)*
- (3) Chicken Patty Sandwich
- ~
- Broccoli / Applesauce

7

- (1) Pasta with or without Meatballs
- (2) Hot Pulled Pork Sandwich
- (3) Cheeseburger Sliders
- ~
- Green Beans
- Peaches

8

- (1) Turkey Mini Corn Dogs
- (2) Baked Pizza Sticks w/Marinara Dipping Sauce
- (3) Chicken Nuggets w/Roll
- ~
- Peas
- Mandarin Oranges

Fresh Salads offered daily!

Student Lunch \$2.95

11

- (1) French Toast Sticks w/Scrambled Egg or Turkey Sausage
- (2) Hot Ham & Cheese on Pretzelwich
- (3) Baked Chicken Stix w/Roll
- ~
- Tater Tots / Pears

12

- (1) Chicken Tenders w/Roll
- (2) Mac-n-Cheese
- (3) Hot Dog
- ~
- Pinto Beans / Pineapple

13

- (1) Fresh Baked Cheese Pizza *(all Schools)*
- (2) Fresh Baked Pepperoni Pizza *(all Schools)*
- Papa Johns Pizza** *(Spring City, Brooke, Royersford & Oaks ONLY)*
- (3) Chicken Patty Sandwich
- ~
- Broccoli / Applesauce

14

- (1) Assorted Cereal w/Yogurt Cup
- (2) Philly Steak Sandwich
- (3) Cheeseburger Sliders
- ~
- Carrots
- Peaches

15

- (1) Sloppy Joe Sandwich
- (2) Baked WG Mozzarella Sticks w/Marinara Dipping Sauce
- (3) Chicken Nuggets w/Roll
- ~
- Green Beans / Brown Rice
- Mandarin Oranges

All breadings, rolls, crust & pasta are whole wheat. (WW)





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FRIDAY

18

- (1) WW Pancakes w/Scrambled Egg or Turkey Sausage
- (2) Egg & Cheese on a WW English Muffin
- (3) Baked Chicken Stix w/Roll
- ~
- Steamed Carrots / Tater Tots
Pears

19

- (1) Popcorn Chicken w/Roll
- (2) Oven Grilled Cheese Sandwich
- (3) Hot Dog
- ~
- Tomato Soup / Baked Beans
Pineapple

20

- (1) Fresh Baked Cheese Pizza (*all Schools*)
- (2) Fresh Baked Pepperoni Pizza (*all Schools*)
- Papa Johns Pizza** (*Limerick, Evans & Upper Providence ONLY*)
- (3) Chicken Patty Sandwich
- ~
- Broccoli / Applesauce

21

- (1) Mexican Tacos w/Assorted Fixings
- (2) Cheese Quesadilla
- (3) Cheeseburger Sliders
- ~
- Corn / Brown Rice
Peaches

22

- (1) Baked Fish Shapes w/Roll
- (2) Baked Pizza Sticks w/Marinara Dipping Sauce
- (3) Chicken Nuggets w/Roll
- ~
- Green Beans
Mandarin Oranges

25

- (1) Assorted Cereal w/Yogurt Cup
- (2) Hot Ham & Cheese on Pretzelwich
- (3) Baked Chicken Stix w/roll
- ~
- Tater Tots / Pears

26

- (1) Grilled Chicken Sandwich
- (2) Mac-n-Cheese
- (3) Hot Dog
- ~
- Green Beans
Pineapple

27

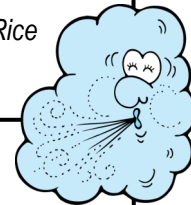
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- ~
- Broccoli / Applesauce

28

- (1) Hot Meatball Sandwich
- (2) Oven Grilled Cheese Sandwich
- (3) Cheeseburger Sliders
- ~
- Tomato Soup / Peas
Peaches

29

- (1) Turkey or Ham Hoagie
- (2) Baked WG Mozzarella Sticks w/Marinara Dipping Sauce
- (3) Chicken Nuggets w/Roll
- ~
- Pinto Beans
Mandarin Oranges



Fun Lunch Menu Facts

We are required by law to follow all rules set forth by the National School Lunch Program. All items on this menu meet or exceed these guidelines (please see website for more details).

All items on this menu are either baked, boiled, or steamed. We do not have or use deep fat fryers anywhere in the district.

We utilize whole grains & turkey products when possible.
(example: Turkey Sausage, Turkey Corn Dogs, Turkey Hot Dogs, Whole Wheat/Whole Grain Bread/Rolls/Pasta).

We use as many low fat/low sodium items as possible without compromising taste.

Fresh Fruits, Fresh Vegetables, Whole Grains, & a choice of Milk are offered with all Entrées (protein) as part of each meal.

We offer at least **2 vegetables choices per day** and feature red/orange, dark green, peas/beans/legumes & a starch weekly.

We offer at least **2 fruit choices per day**, and offer a variety of fresh and canned choices.

Cereal choices are whole grain & reduced sugar. Most snacks are baked, pretzel, grain, or fruit based.

New menu ideas are always welcome!

All menus are subject to change without notice due to product availability.

We try very hard not to change the menu once it is in print, however, sometimes the circumstances are out of our control.

What is included in a reimbursable lunch?

A reimbursable lunch consists of five (5) items: A protein, fruit, vegetable, grain & milk. In order for it to be counted and charged as a lunch, the student may take the maximum of all 5 selections or a minimum of 3 of the 5 selections (Offer vs. Serve). If using the Offer vs. Serve option, then one of the three items chosen MUST be a fruit or vegetable.

PLEASE NOTE: If the above is not followed, it will not be considered a complete reimbursable lunch, and the student will be charged a la carte pricing.

DAILY MENU

Each day, the student has a choice of many different entrees. The choices are as follows:

Main Entrée (Platter #1) .

Alternate Entrée (Platter #2 and #3) is offered daily and changes daily.

Our "Almost Vegetarian" Salads are offered daily!

We offer at least **2 fruit choices per day** (a variety of fresh and canned choices).

We offer at least **2 vegetable choices per day** (a hot or cold vegetable, & fresh carrot sticks).

We offer packets of Whole Grain Goldfish crackers daily, available as part of any meal.

Possible Choices of Assorted 100% Juices: Apple, Orange, Grape & Fruit Punch

Possible Choices of Fresh Assorted Fruits: Apples, Oranges, Bananas & Grapes

Choice of Milk offered Daily with each lunch.

Daily Milk Choices: 1% White, Skim, or Fat Free Flavored (Chocolate and Strawberry).

SPRING-FORD AREA SCHOOL DISTRICT FOOD SERVICES DEPARTMENT GENERAL INFORMATION

Point Of Sale (POS) system & E-Funds

Putting money into your students account in the district POS system is an extremely convenient way to eliminate the need for you to have to send cash in daily and for your child to have to carry around change.

Spring-Ford Area School District is pleased to introduce e~Funds for Schools, a program for cafeteria payments that offers various options for parents/guardians who choose to make payments on-line.

e~Funds For Schools is extremely user friendly. Lunch payments can be electronically withdrawn from your checking account or charged to your credit card. For more information or to sign up, please visit the school district website (www.spring-ford.net) and click on Community on the top menu bar. From there, choose Lunch Payments.

Instead of paying electronically, parents may send in checks or cash which is credited to the student's account. Please make checks payable to Spring-Ford Cafeteria. One full lunch costs \$2.95 (Grades 1-4), or \$3.15 (Grades 5-12).

You may send in cash or a check for any amount and at any time. Please make checks out to: Spring-Ford Cafeteria. Please put lunch cash or checks in an envelope marked with the student's and teacher's names.

For more information, or if you have questions, please contact:

District Food Service Supervisor:

Mr. James Fink
jfink@spring-ford.net
OR

District Food Service Bookkeeper:

Mrs. Tracy Bogucki
tbogu@spring-ford.net

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