Assorted Fresh Salads available daily!

MARCH 2018

WW= Whole Wheat
WG= Whole Grain

STUDENT $3.15

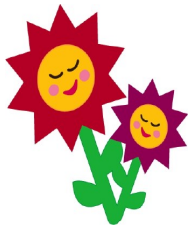
MON	TUE	WED	TH	FRI
			1 Platter 1: WW Oven Toasted Cheese or Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Crispy Oven Fries Sweet Peaches	2 Platter 1: WG Pizza Stix w/Marinara Dip Sauce or Platter 2: Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Broccoli Mandarin Oranges
5 Platter 1: Nardones Pizza w/ww crust OR Platter 2: Garden Salad w/Egg, Cheese & WW Dinner Roll OR Platter 3: Grilled Chicken Breast on a ww Roll Accompaniments Green Beans Crispy Oven Fries Sweet Pears	6 Platter 1: Philly Cheesesteak on a WW Roll OR Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Peas Crispy Oven Fries Chilled Pineapple	7 Platter 1: WG Nachos w/Taco Meat & Toppings or Platter 2: Chicken Caesar Salad or Garden Salad w/ Egg, Cheese & WW Dinner Roll Accompaniments Refried Beans Applesauce	8 Platter 1: Popcorn Chicken (Reg. or Spicy) w/ WW Roll OR Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Corn Sweet Peaches	9 Platter 1: Cheese Quesadilla or Chicken & Cheese Quesadilla OR Platter 2: Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Broccoli Tater Tots Mandarin Oranges
12 Platter 1: Papa Johns Pizza (WW crust) OR Platter 2: Garden Salad w/Egg, Cheese & WW Dinner Roll OR Platter 3: Grilled Chicken Breast on a ww Roll Accompaniments Steamed Carrots Sweet Pears	13 Platter 1: Ham & Cheese on a ww Pretzelwich OR Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Tater Tots Chilled Pineapple	14 Platter 1: WG Baked Chicken Nuggets w/WW Roll OR Platter 2: Chicken Caesar Salad or Garden Salad w/ Egg, Cheese & WW Dinner Roll Accompaniments Baked Beans Applesauce	15 Platter 1: WG Pasta with or without Meatballs or Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll Accompaniments Corn Potato Wedges Sweet Peaches	16 Platter 1: Rib-B-Cue Sandwich on a ww Roll OR Platter 2: Garden Salad w/Egg, Cheese & WW Roll Accompaniments Broccoli Mandarin Oranges

SPRING-FORD AREA S.D. 5/6/7/8TH GRADE MENU MARCH 2018

Assorted Fresh Salads available daily!

MARCH 2018

WW= Whole Wheat
WG= Whole Grain

MON STUDENT $3.15	TUE	WED	TH	FRI
19 Platter 1: Nardones Pizza w/ww crust OR Platter 2: Garden Salad w/Egg, Cheese & WW Dinner Roll OR Platter 3: Grilled Chicken Breast on a ww Roll **Accompaniments** Green Beans Sweet Pears	**20** Platter 1: WG Baked Chicken Tenders w/WW Roll OR Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll **Accompaniments** Corn Chilled Pineapple	**21** Platter 1: Oven Baked French Toast Stix w/*Sausage or Platter 2: Chicken Caesar Salad or Garden Salad w/ Egg, Cheese & WW Dinner Roll **Accompaniments** Hash Brown Applesauce (*Turkey product)	**22** Platter 1: WG Mini Turkey Corn Dogs or Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll **Accompaniments** Pinto Beans Broccoli Sweet Peaches	**23** Platter 1: WG Mozzarella Stix w/Marinara Dip Sauce or Platter 2: Garden Salad w/ Egg, Cheese & WW Dinner Roll **Accompaniments** Crispy Oven Fries Mandarin Oranges
26 Platter 1: Papa Johns Pizza (WW crust) OR Platter 2: Garden Salad w/Egg, Cheese & WW Dinner Roll OR Platter 3: Grilled Chicken Breast on a ww Roll **Accompaniments** Steamed Carrots Sweet Pears	**27** Platter 1: WG Crispy Fish Shapes w/ ww Roll OR Platter 2: Chef Salad or Garden Salad w/Egg, Cheese & WW Dinner Roll **Accompaniments** Peas Chilled Pineapple	**28** Platter 1: WG Baked Chicken Stix w/WW Roll OR Platter 2: Chicken Caesar Salad or Garden Salad w/ Egg, Cheese & WW Dinner Roll **Accompaniments** Baked Beans Applesauce	**29** No School Today (Spring Break) 	**30** No School Today (Spring Break)

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 along with the Entrée (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 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 all 5 selections (maximum), 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.

Additional Entrée Items offered DAILY at the Middle School Level :

Chicken Patty Sandwich on a WG Bun
Spicy Chicken Patty Sandwich on a WG Bun
Hot Dog on a WG Roll
Cheeseburger on a WG bun
Italian Hoagie on a WW Roll
Turkey Hoagie on a WW Roll
Ham & Cheese on a WW Kaiser
Turkey & Cheese on a WW Kaiser

Daily Menu

Each day, the student has a choice of many different entrees.

The choices are as follows:

The Main Entrée (Platter #1) which is located on each calendar box in bold letters.
The Alternate Entrée (Platter #2) is offered daily and changes daily.
There is a featured Fresh Salad 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

Vegetable Selections:
There are a minimum of two vegetables offered each day. Usually one is cooked and one is fresh. We list one on the menu, and the other varies by day and school– but there are always at least two choices!

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

Choice of Milk offered Daily with each lunch

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). .

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 for grades 1-4, and $3.15 for grades 5-12. You may send in a check for any amount and at any time. Please put lunch 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: Ms. Paula Germinario pgerm@spring-ford.net
OR
District Food Service Bookkeeper: Mrs. Tracy Bogucki tbogu@spring-ford.net

What is included in a reimbursable lunch?

A 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 all 5 selections (maximum), 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. **If this 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:

1. The Main Entrée (Platter #1) which is located on each calendar box in bold letters.
2. The Alternate Entrée (Platter #2) is offered daily and changes daily.
3. Assorted Fresh 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).

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

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

Possible Choices of Chilled Canned Fruits:
Pineapple, Apple Sauce, Peaches, Pears, Mixed Fruit

Vegetable Selections:
There are a minimum of two vegetables offered each day. Usually one is cooked and one is fresh. We list one on the menu, and the other varies by day and school– but there are always at least two choices!

Daily Milk Choices:
1% White or Fat Free Flavored (Chocolate or Strawberry)
Choice of Milk offered Daily with each lunch

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 along with the Entrée (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.