

**Depot Locations**

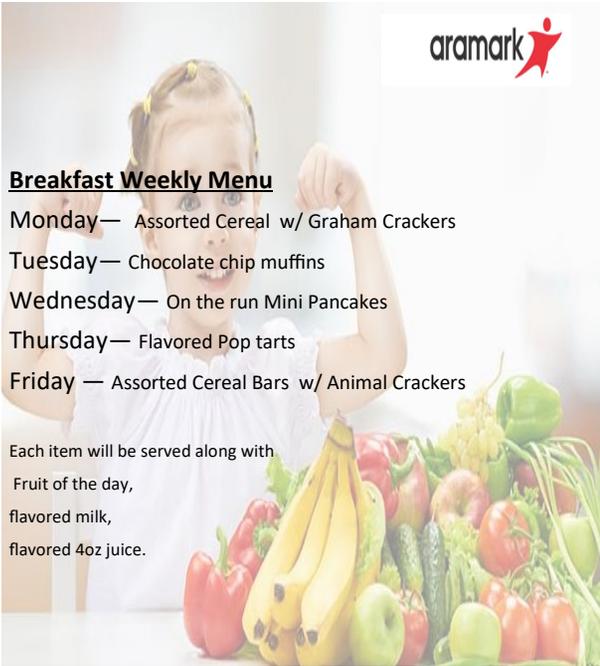
- 1. 5,6,7 grade
- 2. Limerick
- 3. Spring-City
- 4. Royersford

# SFAD MONTHLY LUNCH PLANNER : GRAB & GO LUNCH

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## October 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>				<b>1</b> Orange Glazed Chicken  <i>with</i> <u>VEG Of The Day</u> Lo mien Noodles <u>Fruit of the Day</u> Sliced Oranges	<b>2</b> Spaghetti with Marinara sauce  <i>with</i> <u>VEG Of The Day</u> Vegetable Medley <u>Fruit of the Day</u> Fresh Grapes
<b>WEEK 2</b>	<b>5</b> Egg & Cheese on a toasted English muffin  <i>with</i> <u>Fruit of the Day</u> Cupped Fruit	<b>6</b> Chicken Nuggets  <i>with</i> <u>VEG Of The Day</u> Oven Roasted Fries <u>Fruit of the Day</u> Sliced Apples	<b>7</b> Chicken & Waffle sandwich w/ syrup  <i>with</i> <u>VEG Of The Day</u> Bagged Carrots <u>Fruit of the Day</u> Cupped Fruit	<b>8</b> Mac & Cheese  <i>with</i> <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Sliced Oranges	<b>9</b> BBQ Pulled Pork Hoagie  <i>with</i> <u>VEG Of The Day</u> Tater Tots <u>Fruit of the Day</u> Fresh Strawberries
<b>WEEK 3</b>	<b>12</b> French Toast Sticks Served W/ Sausage  <i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit	<b>13</b> Chicken & Cheese Quesadillas  <i>with</i> <u>VEG Of The Day</u> South Western Corn <u>Fruit of the Day</u> Sliced Apples	<b>14</b> Cheese Ravioli w/ Marinara Sause & Bread Stick  <i>with</i> <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Cupped Fruit	<b>15</b> Corn Dogs  <i>with</i> <u>VEG Of The Day</u> Twister Fries <u>Fruit of the Day</u> Sliced Oranges	<b>16</b> Tony's Deep Dish Pizza OR  <i>with</i> <u>VEG Of The Day</u> Celery Sticks w/dip <u>Fruit of the Day</u> Fresh Grapes
<b>WEEK 4</b>	<b>19</b> Pancakes served W/ sausage  <i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit	<b>20</b> General TSO Chicken w/ Dinner Roll  <i>with</i> <u>VEG Of The Day</u> Fried Rice <u>Fruit of the Day</u> Sliced Apples	<b>21</b> Chicken Alfredo w/ Penne pasta  <i>with</i> <u>VEG Of The Day</u> Season Peas <u>Fruit of the Day</u> Cupped Fruit	<b>22</b> Three Cheese Pizza  <i>with</i> <u>VEG Of The Day</u> Bag Carrots w/ Dip <u>Fruit of the Day</u> Sliced Fresh Oranges	<b>23</b> Nachos Grande  <i>with</i> <u>VEG Of The Day</u> Southwest Corn <u>Fruit of the Day</u> Fresh Strawberries
<b>WEEK 5</b>	<b>26</b> Waffles Served w/ Sausage  <i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit	<b>27</b> Meatball Hoagie  <i>with</i> <u>VEG Of The Day</u> Carrots & Dip <u>Fruit of the Day</u> Sliced Apples	<b>28</b> Cheeseburger  <i>with</i> <u>VEG Of The Day</u> French Fries <u>Fruit of the Day</u> Cupped Fruit	<b>29</b> Mac & Cheese  <i>with</i> <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Sliced Oranges	<b>30</b> Mega Italian hoagie served w/ baked chips  <i>with</i> <u>Fruit of the Day</u> Cupped Fruit



**Breakfast Weekly Menu**

- Monday— Assorted Cereal w/ Graham Crackers
- Tuesday— Chocolate chip muffins
- Wednesday— On the run Mini Pancakes
- Thursday— Flavored Pop tarts
- Friday — Assorted Cereal Bars w/ Animal Crackers

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

All hot meals will be served in a recyclable container along with heating instructions



Meals will be distributed the day prior to the menu item. Fridays distribution will be for Mondays menu item.

Daily Alternative meal option will be the sandwich of the day or a salad of the day. You can pre-order your alternative choice with the following link.

[https://docs.google.com/forms/d/e/1FAIpQLSeUH83KG5PcEztULV9ZgQW6SttU73BOD9ZQqT2FPOGUcb\\_nKg/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSeUH83KG5PcEztULV9ZgQW6SttU73BOD9ZQqT2FPOGUcb_nKg/viewform?vc=0&c=0&w=1&flr=0)

Three of the five food groups including flavored milk will be offered daily. A 1/2 cup vegetable & a 1/2 cup fruit will be included with every meal.