





SFASD MONTHLY MEAL PLANNER : April 2021 Grades 8th & 9th

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>Depot Schedule for March will remain the same. Distribution will be on Mondays, Wednesdays & Fridays . Locations will be at Limerick <u>and</u> 5,6,7 Building . Depot times will be from 4:15 to 6:00. . If you have any questions please contact Scott Orsini at sorsiiic@spring-ford.net</p> <div style="border: 1px solid blue; padding: 5px;"> <p><u>Mondays Distribution</u> Meal #1 Tuesdays menu / Meal #2 Wednesdays menu <u>Wednesdays Distribution</u> Meal #1 Thursdays Menu / Meal #2 Fridays Menu <u>Fridays Distribution</u> Meal #1 Mondays Menu / Meal #2 Requested Weekend meals</p> </div>				
WEEK 2		<p>6 Waffles W/ Sausage</p> <p><i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Sliced Oranges</p>	<p>7 Cheese Ravioli w/ Marinara Sauce & Bread stick</p> <p><i>with</i> <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Cupped Fruit</p>	<p>8 Oven Baked Chicken Patty Sandwich</p> <p><i>with</i> <u>VEG Of The Day</u> French Fries <u>Fruit of the Day</u> Cupped Fruit</p>	<p>9 Double Play Dog Day</p> <p><i>with</i> <u>VEG Of The Day</u> Mac & Cheese <u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 3	<p>12 French Toast Sticks Served w/ Sausage</p> <p><i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit</p>	<p>13 Chicken Nugget Day</p> <p><i>with</i> <u>VEG Of The Day</u> Smiley Tots <u>Fruit of the Day</u> Sliced Oranges</p>	<p>14 Sweet & Sour Chicken</p> <p><i>with</i> <u>VEG Of The Day</u> Fried Rice <u>Fruit of the Day</u> Cupped Fruit</p>	<p>15 Hamburgers or Cheeseburgers</p> <p><i>with</i> <u>VEG Of The Day</u> French Fries <u>Fruit of the Day</u> Cupped Fruit</p>	<p>16 Tony's Deep Dish Pizza</p> <p><i>with</i> <u>VEG Of The Day</u> Carrot Sticks w/ ranch <u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 4	<p>19 Pancakes W/ Sausage</p> <p><i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit</p>	<p>20 Spaghetti W/ Meatballs</p> <p><i>with</i> <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Sliced Oranges</p>	<p>21 Cheesy Mashed Potato w/ Popcorn Chicken</p> <p><i>with</i> <u>VEG Of The Day</u> Corn <u>Fruit of the Day</u> Cupped Fruit</p>	<p>22 Mac & Cheese</p> <p><i>with</i> <u>VEG Of The Day</u> Green Beans <u>Fruit of the Day</u> Cupped Fruit</p>	<p>23 Pizza Sticks</p> <p><i>with</i> <u>VEG Of The Day</u> Celery Sticks w/ Dip <u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 5	<p>26 Waffles W/ Sausage</p> <p><i>with</i> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Cupped Fruit</p>	<p>27 <u>Soup &</u> <u>Sandwich Day</u> Toasted Grilled Cheese</p> <p><i>with</i> <u>VEG Of The Day</u> Tomato Soup <u>Fruit of the Day</u> Sliced Oranges</p>	<p>Hamburgers or Cheeseburgers</p> <p><i>with</i> <u>VEG Of The Day</u> Peas <u>Fruit of the Day</u> Cupped Fruit</p>	<p><u>Loaded Nacho</u> <u>Day</u></p> <p><i>with</i> <u>VEG Of The Day</u> Rice & Beans <u>Fruit of the Day</u> Cupped Fruit</p>	<p>Big Daddy's Pizza</p> <p><i>with</i> <u>VEG Of The Day</u> Sweet Potato Fries <u>Fruit of the Day</u> Fresh Strawberries</p>



Breakfast Weekly Menu

Monday— Assorted Cereal w/ Graham Crackers
 Tuesday— Chocolate Chip Muffins
 Wednesday— Egg Sandwich on English Muffin
 Thursday— Bagel & Cream Cheese
 Friday — Assorted Cereal Bars w/ Animal Crackers

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



Alternative Daily Hot Entrée Items

Home style Chicken Patty sandwich –w/ Vegetable & Fruit choice
 Spicy Chicken Patty sandwich –w/ Vegetable & Fruit choice
 Cheeseburger –w Vegetable & Fruit choice
 Cheese Pizza-w/Vegetable & Fruit choice (**Vegetarian**)

Alternative Cold Lunch Menu

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