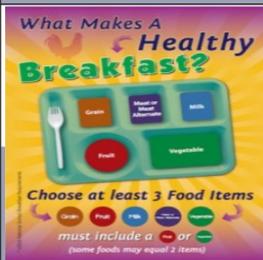


SFASD Monthly breakfast planner

September 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	31 Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	1 Pancakes w/ Syrup Or Assorted Cereal Served w/ cheese stick	2 Bosco Apple stick Or Assorted Cereal Served w/ cheese stick	3 Waffle w/ syrup Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Fresh Strawberries
WEEK 2			8 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	9 Cherry Frudel Or Assorted Cereal Served w/ cheese stick	10 Breakfast Pizza Or Assorted Cereal Served w/ cheese stick
			<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Fresh Grapes
WEEK 3	13 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	14 Banana Muffin Or Assorted Cereal Served w/ cheese stick	15 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick		17 Waffles w/ Syrup Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches		<u>Fruit of the Day</u> Fresh Strawberries
WEEK 4	20 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	21 Chocolate Filled Crescent Or Assorted Cereal Served w/ cheese stick	22 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	23 Banana Muffin Or Assorted Cereal Served w/ cheese stick	24 Mini Waffles w/ Syrup Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	<u>Fruit of the Day</u> Fresh Grapes
WEEK 5	27 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	28 Blueberry Muffin Or Assorted Cereal Served w/ cheese stick	29 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	30 Glazed Donut Or Assorted Cereal Served w/ cheese stick	
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail	<u>Fruit of the Day</u> Cup Peaches	<u>Fruit of the Day</u> Cup Apple sauce	

AVAILABLE DAILY

Fruits offered Daily: such as sliced apples, orange wedges, bananas & raisins

Sugar free Juice selection offered: orange juice, apple juice & fruit punch

Fat Free Milk offered: 1% milk, chocolate milk & strawberry milk

Cereal: Cheerios, Cinn toast, Cocoa Puffs, Golden Grahams, & Lucky Charms served w/ animal crackers or Graham crackers



For detailed menu and nutrient information visit Spring-Ford.Nutrislice.com. Menus are subject to change without notice. This institution is an equal opportunity provider.



Daily Breakfast Prices:

All Breakfast Meals will not be charged to the student

A meal includes entrée, fruit side or fruit juice and choice of milk. To make a meal, students must select 3 or 4 items and at least one item must be a 1/2 cup of fruit.

Even though meals will not be charged to the student for the 21-22 school year you are still recommended to apply for Free & Reduce meal applications which can be found on the Spring-Ford website.

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