Spring-Ford Area School District

October 2021

High School Breakfast Menu

Students reimbursable meals are free

Monday	Tuesday	Wednesday	Thursday	Friday
Just in case no one has told you this today GOOD MORNING! You are AMAZING. Hope you have a. FANTASTIC day!	what should I EAT for breakfast?	OCTOBER	Happy Halloween	1 Blueberry Waffles w/ syrup
4 French Toast w/ Syrup	5 Pancakes w/ syrup	6 Waffle w/ syrup	French Toast w/ Syrup	8 Blueberry Waffles w/ syrup
No School	Pancakes w/ syrup	Waffle w/ syrup	14 French Toast w/ Syrup	Blueberry Waffles w/ syrup
18 French Toast w/ Syrup	19 Pancakes w/ syrup	20 Waffle w/ syrup	21 French Toast w/ Syrup	22 Blueberry Waffles w/ syrup
French Toast w/ Syrup	Pancakes w/ syrup	Waffle w/ syrup	French Toast w/ Syrup	²⁹ Blueberry Waffles w/ syrup

AVAILABLE DAILY

- ASSORTED HOT BREAKFAST SANDWICHES SERVED DAILY
- MUFFINS, FRUIT FRUDELS, FLAVORED NUTRI-GRAIN BARS,
- POP TARTS, ASSORTED YOGURTS, AND ASSORTED CEREAL
- ASSORTED FRESH FRUIT SIDES: BANANA, APPLES, & ORANGES
- ADDITIONAL FRUIT DAILY: CUPPED FRUITS & RAISINS
- 100% ORANGE JUICE, FRUIT JUICE AND APPLE JUICE
- MILK: SKIM CHOCOLATE, SKIM STRAWBERRY, 1% WHITE









