

SFASD Monthly breakfast planner

October 2021

BROOKE
Grab & Go

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	 <p>What Makes A Healthy Breakfast?</p> <p>Choose at least 3 Food Items must include a or (some foods may equal 2 items)</p>	 <p>MYPLATE GUIDE TO SCHOOL BREAKFAST</p> <p>Choose at least 3 Food Items must include a or (some foods may equal 2 items)</p>	 <p>Halloween Breakfast</p>	 <p>hello OCTOBER</p>	<p>1 Frosted Fudge Pop Tart Served w/ Animal Crackers, Fruit & Milk</p> <p><u>Fruit of the Day</u> Fresh Grapes</p>
WEEK 2	<p>4 Chocolate Chip Muffin Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Pears</p>	<p>5 Golden Graham Breakfast Bar Served w/ Graham Crackers, Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>6 Strawberry Bagel w/ cream cheese Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>7 On the run mini Waffles Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>8 Frosted Strawberry Pop tart Served w/ Animal crackers, Fruit & Milk</p> <p><u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 3	 <p>No School</p>	<p>12 Coco puffs breakfast bar Served w/ Graham Crackers, Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>13 Vanilla cake donut holes Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>14 On the run mini Waffles Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>15 Frosted Cinnamon Pop Tart Served w/ Animal Crackers Fruit & Milk</p> <p><u>Fruit of the Day</u> Fresh Grapes</p>
WEEK 4	<p>18 Banana Muffin Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Pears</p>	<p>19 Rice Krispy breakfast bar Served w/ Graham Crackers, Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>20 Cinnamon raisin bagel w/ cream cheese Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>21 On the run mini Pancakes Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>22 Frosted Fudge Pop Tart Served w/ Animal Crackers, Fruit & Milk</p> <p><u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 5	<p>25 Chocolate Chip Muffin Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Pears</p>	<p>26 Strawberry Multigrain bar Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>27 Apple Frudel Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>28 On the run French Toast Served w/ Fruit & Milk</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>29 Frosted Cinnamon Pop Tart Served w/ Animal Crackers Fruit & Milk</p> <p><u>Fruit of the Day</u> Fresh Strawberries</p>



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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