

SFASD Monthly breakfast planner

October 2021

	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  or </p>	 <p>MYPLATE GUIDE TO SCHOOL BREAKFAST</p>	 <p>Halloween Breakfast</p>	 <p>hello OCTOBER</p>	<p>1 French Toast Sticks w/ Syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Fresh Grapes</p>
WEEK 2	<p>4 Egg & Cheese English Muffin</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Pears</p>	<p>5 Chocolate Chip Muffin</p> <p>Or</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>6 Pancakes w/ Syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>7 Bosco Apple stick</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>8 Waffle w/ syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 3	 <p>No School</p>	<p>12 Apple Muffin</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>13 Pancakes w/syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>14 Cherry Frudel</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>15 Breakfast Pizza</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Fresh Grapes</p>
WEEK 4	<p>18 Egg & Cheese English Muffin</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Pears</p>	<p>19 Banana Muffin</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>20 Pancakes w/syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>21 Strawberry Bagel w/ Cream cheese</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>22 Waffles w/ Syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Fresh Strawberries</p>
WEEK 5	<p>25 Egg & Cheese English Muffin</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Pears</p>	<p>26 Chocolate Filled Crescent</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Fruit Cocktail</p>	<p>27 Pancakes w/syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Peaches</p>	<p>28 Banana Muffin</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Cup Apple sauce</p>	<p>29 French Toast sticks w/ Syrup</p> <p>Or</p> <p>Assorted Cereal Served w/ cheese stick</p> <p><u>Fruit of the Day</u> Fresh Strawberries</p>

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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