

SFASD Monthly breakfast planner: **Grades 1-8**

January 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	3 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	4 Chocolate Filled Crescent Or Assorted Cereal Served w/ cheese stick	5 Pancakes w/ Syrup Or Assorted Cereal Served w/ cheese stick	6 Banana Muffin Or Assorted Cereal Served w/ cheese stick	7 French Toast Sticks 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> Blueberries
WEEK 2	10 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	11 Blueberry muffin Or Assorted Cereal Served w/ cheese stick	12 Pancakes w/ Syrup Or Assorted Cereal Served w/ cheese stick	13 Glazed Donuts Or Assorted Cereal Served w/ cheese stick	14 French Toast Sticks 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> Blueberries
WEEK 3		18 Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	19 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	20 Apple Bosco Sticks Or Assorted Cereal Served w/ cheese stick	21 Waffle w/ syrup Or Assorted Cereal Served w/ cheese stick
		<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> Blueberries
WEEK 4	24 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick	25 Apple Cinnamon Muffin Or Assorted Cereal Served w/ cheese stick	26 Pancakes w/syrup Or Assorted Cereal Served w/ cheese stick	27 Cherry Frudel Or Assorted Cereal Served w/ cheese stick	28 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> Blueberries
WEEK 5	31 Egg & Cheese English Muffin Or Assorted Cereal Served w/ cheese stick				
	<u>Fruit of the Day</u> Cup Pears				

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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