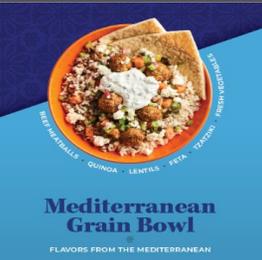


SFASD MONTHLY MEAL PLANNER : January 2021



Food Service Director: Scott Orsini
 Email: Sorsic@spring-ford.net Phone: 610-705-6118

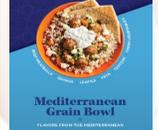
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	3 French Toast Sticks w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	4 Spaghetti & Meatball Day with <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Mixed Fruit	5 Mac & Cheese with <u>VEG Of The Day</u> Green Beans <u>Fruit of the Day</u> Applesauce	6 Salisbury Steak w/Egg Noodles & Gravy with <u>VEG Of The Day</u> Glazed Carrots <u>Fruit of the Day</u> Peaches	7 Mozzarella Sticks Side: Marinara Sauce with <u>VEG Of The Day</u> Smiley Fries <u>Fruit of the Day</u> Cupped Blueberries
	10 Pancakes w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	11 French Bread Pizza with <u>VEG Of The Day</u> Side Salad <u>Fruit of the Day</u> Mixed Fruit	12 Three Cheese Calzone w/ Marinara sauce with <u>VEG Of The Day</u> Smiley Fries <u>Fruit of the Day</u> Applesauce	13 Disco Fries with <u>VEG Of The Day</u> Carrot Sticks w/dip <u>Fruit of the Day</u> Peaches	14  with <u>VEG Of The Day</u> Spiced Rice & Beans <u>Fruit of the Day</u> Cupped Blueberries
WEEK 2	 18 Mediterranean Grain Bowl with <u>VEG Of The Day</u> Pickled Relish <u>Fruit of the Day</u> Mixed Fruit	19 Chicken Parmesan W/ Spaghetti with <u>VEG Of The Day</u> Fresh Broccoli <u>Fruit of the Day</u> Applesauce	20 Hamburger Cheeseburger with <u>VEG Of The Day</u> Sweet Potato Tots <u>Fruit of the Day</u> Peaches	21 Chicken Tenders with <u>VEG Of The Day</u> Waffle Fries <u>Fruit of the Day</u> Cupped Blueberries	
	24 French Toast Sticks w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	25 Soup & Sandwich Day Toasted Grilled Cheese with <u>VEG Of The Day</u> Tomato Soup <u>Fruit of the Day</u> Mixed Fruit	26 Pizza Bagels with <u>VEG Of The Day</u> Celery Sticks w/dip <u>Fruit of the Day</u> Apple sauce	27 General TSO Chicken with <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Peaches	28 Corn Dog Nuggets w/ Dipping Sauces with <u>VEG Of The Day</u> French Fries <u>Fruit of the Day</u> Cupped Blueberries
WEEK 3	31 Pancakes w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	 Mediterranean Grain Bowl FLAVORS FROM THE MEDITERRANEAN	 FUN WITH ACE!	 MYPLATE GUIDE TO SCHOOL BREAKFAST	 JANUARY

JANUARY 2022 PROMOTIONS

January 4 – National Spaghetti Day


January 17 – Celebrating Martin Luther King Day


January 26 – National bagel day


January 18 – Meal of the Month (Mediterranean Grain Bowl)


January 18 Giveaway - Ace collapsible Cup


If you order A Mediterranean Grain Bowl on January 18 you will receive the January giveaway at the below locations only
 Royersford , Limerick & Evans

Alternative Hot Lunch

Chicken Nuggets, Chicken Patty or Pizza

Alternative Cold Lunch Offered daily

Turkey & Cheese Hoagie
 Ham & Cheese Hoagie
 Spring Ford Salad offered daily
 All alternate Fruit & Vegetables available daily
 Fruit of the Month : Sliced Apples