



SEASD MONTHLY MEAL PLANNER : BREAKFAST

February 2023

Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30 Cinnamon Sugar Donut Or Assorted Cereal Served w/ cheese stick	31 Apple Frudel Or Assorted Cereal Served w/ cheese stick	1 French Toast Sticks Or Assorted Cereal Served w/ cheese stick	2 Ham, Egg, and Cheese on a Bagel Or Assorted Cereal Served w/ cheese stick	3 Coco Puffs Breakfast Bar Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u>	<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	6 Powdered Sugar Donut Or Assorted Cereal Served w/ cheese stick	7 Apple Cinnamon Muffin Or Assorted Cereal Served w/	8 Waffles Or Assorted Cereal Served w/ cheese stick	9 Tony's Breakfast Pizza Or Assorted Cereal Served w/ cheese stick	10 Trix Breakfast Bar 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	13 Vanilla Glazed Donut Or Assorted Cereal Served w/ cheese stick	14 Double Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick	15 Yogurt Parfait w/Fruit Or Assorted Cereal Served w/ cheese stick	16 Ham Egg and Cheese on a Bagel Or Assorted Cereal Served w/ cheese	17 Frosted Cinnamon Poptart Or Assorted Cereal Served w/ cheese stick
	<u>Fruit of the Day</u>	<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	SCHOOLS CLOSED	21 Blueberry Muffin Or Assorted Cereal Served w/ cheese stick	22 Waffles Or Assorted Cereal Served w/ cheese stick	23 Sausage Chicken Pancake Bites Or Assorted Cereal Served w/ cheese stick	24 Frosted Fudge Poptart 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 5	27 Cinnamon Sugar Donut Or Assorted Cereal Served w/ cheese stick	28 Apple Frudel Or Assorted Cereal Served w/ cheese stick			
	<u>Fruit of the Day</u> Cup Pears	<u>Fruit of the Day</u> Cup Fruit Cocktail			

AVAILABLE DAILY

Fruits offered Daily: such as sliced apples, orange wedges, raisins

Sugar free Juice selection offered: orange juice, apple juice & fruit punch

Milk offered: 1% White milk, Fat Free chocolate milk

Cereal: Cheerios, Cinn toast, Cocoa Puffs, Golden Grahams, & Lucky Charms served w/ animal crackers or Graham crackers Meat/ALT Cheese Stick



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

Starting October 1, all Breakfast will be free to the student.

(Increased Portion Grades 5th to 8th)

Four food groups are offered at Breakfast: Meat/Meat ALT, , Fruit, Grain, & Milk. In order to receive the above price, the lunch will need to have 3 of the 4 components offered daily, one of the three components must be either a fruit or a vegetable. If a student does not follow the above guidelines then the meal will be charged at a per item price. (see snack price list)

Do you qualify for free or reduced lunch?
Visit the Spring-Ford website to submit application.

Any questions you can contact the FSD at 610-705-6118 or email at sorsiic@spring-ford.net.