

SEASD MONTHLY MEAL PLANNER : BREAKFAST

February 2023

5th 6th 7th BIC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30 Blueberry Muffin Served w/ Fruit & Milk	31 Trix Breakfast Bar Served w/ Fruit & Milk	1 Bagel w/ cream cheese Served w/ Fruit & Milk	2 Assorted Cereal Served w/ Fruit & Milk	3 Frosted Fudge Pop Tart Served w/ Fruit & Milk
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Banana
WEEK 2	6 Chocolate Chip Muffin Served w/ Fruit & Milk	7 Rice Crispy Breakfast Bar Served w/ Fruit & Milk	8 Cinnamon Sugar Donuts Served w/ Fruit & Milk	9 Assorted Cereal Served w/ Fruit & Milk	10 Frosted Strawberry Pop tart Served w/ Fruit & Milk
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Banana
WEEK 3	13 Apple cinnamon Muffin Served w/ Fruit & Milk	14 Coco puffs breakfast bar Served w/ Fruit & Milk	15 Bagel w/ cream cheese Served w/ Fruit & Milk	16 Assorted Cereal Served w/ Fruit & Milk	17 Frosted Cinnamon Pop Tart Served w/ Fruit & Milk
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Banana
WEEK 4	SCHOOL CLOSED	21 Trix Breakfast Bar Served w/ Fruit & Milk	22 Cinnamon Sugar Donuts Served w/ Fruit & Milk	23 Assorted Cereal Served w/ Fruit & Milk	24 Frosted Fudge Pop Tart Served w/ Fruit & Milk
		Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches	Fruit of the Day Cup Apple sauce	Fruit of the Day Blueberries
WEEK 5	27 Banana Muffin Served w/ Fruit & Milk	28 Rice Krispy breakfast bar Served w/ Fruit & Milk	28 Strawberry Bagel w/ cream cheese Served w/ Fruit & Milk		
	Fruit of the Day Cup Pears	Fruit of the Day Cup Fruit Cocktail	Fruit of the Day Cup Peaches		

Breakfast in the Classroom

1. No child should start the school day hungry.

Studies show that children who skip breakfast are at an academic disadvantage: They have slower memory recall, make more errors, and are more likely to repeat a grade.^{1,2}

2. Not all children are able to eat at home. Whether they come from a family with a tight budget, are too busy, or simply have a poor appetite in the morning, not all children get the energy and nutrients they need to get a healthy start to the morning.

3. Your school has a breakfast program! Every day, meals are available to students that meet USDA guidelines, which reflect the best nutritional science available. Every breakfast service includes offerings of fruit, whole grains, and low fat or fat free milk.

4. Breakfast in the classroom gets more students to participate.

Bus schedules, limited time, and class distance from the cafeteria are all barriers to participation in the school breakfast program. There is also sometimes a stigma associated with school breakfast. Having breakfast in the classroom eliminates many of these barriers and reduces stigma by enabling more students to participate in breakfast.

5. Breakfast in the classroom requires minimal work...

A well-planned breakfast program runs smoothly. The teacher's role can be as easy as checking names off a roster and placing trash outside the classroom, and custodians need only pick up bags when breakfast is over. School food service staff can prepare meals the day before. Breakfast can be eaten in 10-15 minutes alongside routine morning activities.



6. ...and can have great payoffs! Studies show that eating breakfast can help math, reading, and standardized test scores.^{3,4} Breakfast also helps students pay better attention in class, perform problem-solving tasks, and improves memory. Serving breakfast in the classroom can help reduce tardiness and absences, and help children behave better.^{5,6}



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.

NOTICE TO CONSUMERS

Please communicate any food allergies to an employee of this establishment and that employee shall communicate that food allergy information to the Person in Charge or Certified Food Protection Manager on duty at this establishment.



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.