

SEASD MONTHLY MEAL PLANNER : LUNCH

Grades K-8

Food Service Director: Scott Orsini

Email: Sorsic@spring-ford.net Phone: 610-705-6118

February 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30 Pancakes w/ Sausage with VEG Of The Day Hashbrowns Fruit of the Day Pears	31 Italian Meatball Sub with VEG Of The Day Sweet Corn Fruit of the Day Mixed Fruit	1 Teriyaki Popcorn Chicken w/ Rice with VEG Of The Day Broccoli Fruit of the Day Applesauce	2 Disco Tots with VEG Of The Day Baked Beans Fruit of the Day Peaches	3 French Bread Pizza with VEG of the Day Side Salad Fruit of the Day Fresh Grapes
WEEK 2	6 French Toast Sticks w/Sausage with VEG Of The Day Hashbrowns Fruit of the Day Pears	7 Chicken Quesadilla with VEG of the Day Corn Fruit of the Day Mixed Fruit	8 Hot Dog with VEG of the Day French Fries Fruit of the Day Applesauce	9 Chicken and Noodles with VEG of the Day Green Beans Fruit of the Day Peaches	10 Mini Corn Dogs with VEG of the Day Broccoli Fruit of the Day Fresh Grapes
WEEK 3	13 Pancakes W/ Sausage with VEG of the Day Hashbrowns Fruit of the Day Pears	14 Walking Taco with VEG of the Day Corn Fruit of the Day Fresh Strawberries	15 Philly Cheese steak with VEG of the Day Broccoli Fruit of the Day Applesauce	16 Pizza Crunchers with VEG of the Day Green Beans Fruit of the Day Peaches	17 Italian Meatball Sub with VEG of the Day Side salad Fruit of the Day Fresh Grapes
WEEK 4	20 	21 Chicken Taco with VEG of the Day Black Beans Fruit of the Day Mixed Fruit	22 General Tso's Chicken w/Rice with VEG of the Day Peas Fruit of the Day Applesauce	23  with VEG of the Day Green Beans Fruit of the Day Peaches	24 Chicken Pizza Quesadilla with VEG of the Day French Fries Fruit of the Day Fresh Grapes
WEEK 5	27 Pancakes w/ Sausage with VEG of the Day Hashbrowns Fruit of the Day Pears	28 Fish Taco with VEG of the Day Sweet Corn Fruit of the Day Mixed Fruit			

Daily Alternative Hot Lunch

Chicken Nuggets w/Dinner Roll, Cheeseburger or Pizza

Daily Alternative Cold Lunch

Turkey & Cheese on Club Roll
Ham & Cheese on Club Roll
Spring-Ford Salad

Daily Alternate Fruit & Vegetable

Mini Bagged Carrots , Sliced Apples



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 Lunch Prices

Grades (K-4) \$3.05 Full Price

Grades (5th to 8th) \$3.25 Full Price

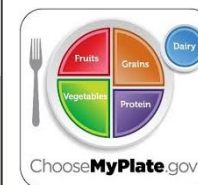
(Increased Portion Grades 5th to 8th)

(All Grades) \$0.40 Reduced Price

Five food groups are offered at lunch: Meat/Meat ALT, Vegetable, Fruit, Grain, & Milk. In order to receive the above price, the lunch will need to have 3 of the 5 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



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.



Reminder
that Breakfast
is free

February 2023 Food Service Newsletter



New Staff:

We would like to welcome the following staff: Bernard Jackson , Teri Monstera, Sheila Leonard., & Kathleen Lewandowski

Fruits & Veggies: Grapes and Heart Health

Grapes in all colors—green, red, and black—contain a high level of polyphenols. This chemical occurs naturally in fruit and is a type of antioxidant that packs some big benefits. Polyphenols help relax blood vessels which improves blood pressure and flow. They also help reduce oxidative stress which happens when you consume a meal high in carbs, fats, and protein with no antioxidants. Too much stress can damage the body's tissues and cells. Additionally, grapes do not contain saturated fat or cholesterol—two components in food that may increase the risk of heart disease.

Buying and storing tips: Unlike some seasonal fruit, grapes are available year round. Select grapes that are tight to touch and free of wrinkles. If they contain a powdery white coating—that is bloom and it's good. It protects the grapes from moisture loss and decay. They are best stored in the refrigerator and should be washed before eaten. The best way to eat grapes is as a fresh fruit. Most jellies, spreads, and juices made from grapes have added sugars and can be high in calories.

Health Highlights: American Heart Month February is American Heart Month, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. The Division is committed to addressing barriers to health equity in communities disproportionately affected by cardiovascular disease. Health care professionals and community partners: **We know you're busy! We can help.** Use these toolkits developed by CDC to implement evidence-based hypertension control strategies. https://www.cdc.gov/heartdisease/american_heart_month.htm#:~:text=February



January 31

National Hot chocolate
Day



February 3

National tater tot day



February 14

Happy Valentines Day
Enjoy fresh sliced strawberries



February 23

National Chili day



February 23

Specialty Item for February
Black bean Chili Frito Bowl

Any questions or concerns please Contact: FSD Scott Orsini at sorsiic@spring-ford.net