

# SEASD MONTHLY MEAL PLANNER : BREAKFAST

# March 2023

## 5th 6th 7th BIC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>			<b>1 Powdered Sugar Donut</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>2 Assorted Cereal</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>3 Frosted Fudge Pop Tart</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>
<b>WEEK 2</b>	<b>6 Chocolate Chip Muffin</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>7 Rice Crispy Breakfast Bar</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>8 Cinnamon Sugar Donuts</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>9 Assorted Cereal</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>10 Frosted Strawberry Pop tart</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>
<b>WEEK 3</b>	<b>13 Apple cinnamon Muffin</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>14 Coco puffs breakfast bar</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>15 Powdered Sugar Donut</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>16 Assorted Cereal</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>17 Frosted Cinnamon Pop Tart</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>
<b>WEEK 4</b>	<b>20 Blueberry Muffin</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>21 Trix Breakfast Bar</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>22 Cinnamon Sugar Donuts</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>23 Assorted Cereal</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>24 Frosted Fudge Pop Tart</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>
<b>WEEK 5</b>	<b>27 Banana Muffin</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>28 Rice Krispy breakfast bar</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>28 Powdered Sugar Donut</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>30 Assorted Cereal</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>	<b>31 Frosted Strawberry Pop tart</b> Served w/ Fruit & Milk  Fruit of the Day <b>Mixed Berries</b>

### 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.<sup>1,2</sup>

**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.<sup>3,4</sup> 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.<sup>5,6</sup>



For detailed menu and nutrient information visit [Spring-Ford.Nutrislice.com](http://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](mailto:sorsiic@spring-ford.net).