


# SEASD MONTHLY MEAL PLANNER : BREAKFAST

## March 2023

### Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>			<b>1</b> Yogurt Parfait w/ Fruit Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>2</b> Tony's Breakfast Pizza Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>3</b> Coco Puffs Breakfast Bar Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>
<b>WEEK 2</b>	<b>6</b> <u>National Breakfast Week</u> Powdered Sugar Donut Hot Egg & Cheese Sandwich all week.  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>7</b> <u>National Breakfast Week</u> Apple Cinnamon Muffin Hot Egg & Cheese Sandwich all week.  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>8</b> <u>National Breakfast Week</u> Sausage Chicken Pancake Hot Egg & Cheese Sandwich all week.  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>9</b> <u>National Breakfast Week</u> Waffles Hot Egg & Cheese Sandwich all week.  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>10</b> <u>National Breakfast Week</u> Trix Breakfast Bar Hot Egg & Cheese Sandwich all week.  <u>Fruit of the Day</u> <b>Mixed Berries</b>
<b>WEEK 3</b>	<b>13</b> Vanilla Glazed Donut Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>14</b> Double Chocolate Chip Muffin Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>15</b> Yogurt Parfait w/Fruit Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>16</b> Ham Egg and Cheese on a Bagel Or Assorted Cereal Served w/ cheese  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>17</b> Frosted Cinnamon Poptart Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>
<b>WEEK 4</b>	<b>20</b> Powdered Sugar Donut Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>21</b> Blueberry Muffin Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>22</b> Waffles Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>23</b> Sausage Chicken Pancake Bites Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>24</b> Frosted Fudge Poptart Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>
<b>WEEK 5</b>	<b>27</b> Cinnamon Sugar Donut Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>28</b> Apple Frudel Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>29</b> Apple Frudel Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>30</b> Apple Frudel Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>	<b>31</b> Apple Frudel Or Assorted Cereal Served w/ cheese stick  <u>Fruit of the Day</u> <b>Mixed Berries</b>

### 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](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).