SFASD MONTHLY MEAL PLANNER : BREAKFAST

March 2023

Grades K-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2 WEEK 1		Think we	1 Yogurt Parfait w/ Fruit Or Assorted Cereal Served w/ cheese stick	2 Tony's Breakiast Pizza Or Assorted Cereal Served w/ cheese stick	3 Coco Pufis Breakfast Bar Or Assorted Cereal Served w/ cheese stick
			Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries
	6 <u>National Breakfast Week</u> Powdered Sugar Donut Hot Egg & Cheese Sandwich all week.	7 <u>National Breakfast Week</u> Apple Cinnamon Muffin Hot Egg & Cheese Sandwich all week.	8 <u>National Breakfast Week</u> Sausage Chicken Pancake Hot Egg & Cheese Sandwich all week.	9 <u>National Breakfast Week</u> Walles Hot Egg & Cheese Sandwich	10 <u>National Breakfast Week</u> Trix Breakfast Bar Hot Egg & Cheese Sandwich all week.
	Fruit of the Day Mixed Berries	<u>Fruit of the Day</u> Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries
WEEK 3	13 Vanilla Glazed Donut Or Assorted Cereal Served w/ cheese stick	14 Double Chocolate Chip Multin Or Assorted Cereal Served w/ cheese stick	15 Yogurt Pariait 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> Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries
EK 4	20 Powdered Sugar Donut Or Assorted Cereal Served w/ cheese stick	21 Blueberry Muffin Or Assorted Cereal Served w/ cheese stick	22 Waiiles Or Assorted Cereal Served w/ cheese stick	23 Sausage Chicken Pancake Biles Or Assorted Cereal Served w/ cheese stick	24 Frosted Fudge Poplart Or Assorted Cereal Served w/ cheese stick
WEEK	Fruit of the Day Mixed Berries	<u>Fruit of the Day</u> Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	<u>Fruit of the Day</u> Mixed Berries
Ш К С	27 Cinnamon Sugar Donul Or Assorted Cereal Served w/ cheese stick	28 Apple Frudel Or Assorted Cereal Served w/ cheese stick	29 Apple Frudel Or Assorted Cereal Served w/	30 Apple Frudel Or Assorted Cereal Served w/ cheese stick	31 Apple Frudel Or Assorted Cereal Served w/
WEEK	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	Fruit of the Day Mixed Berries	<u>Fruit of the Day</u> Mixed Berries

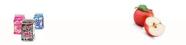
AVAILABLE DAILY

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 <u>must</u> 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.