

# Spring-Ford Area School District

# March 2023

February 27 to March 3

## High School Menu



### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruit

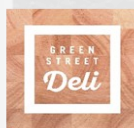
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Baked Fries</i> <b>Corn Salad Cupped Pears</b>	<i>Baked Fries</i> <b>Pinto Bean Salad Cupped Mixed Fruit</b>	<i>Tater Tots</i> <b>Red Pepper Strips Cupped applesauce</b>	<i>Baked Fries</i> <b>Celery Sticks w/ Ranch Cupped Peaches</b>	<i>Baked Fries</i> <b>Carrot sticks Cupped Blueberries</b>



All sides are available to all meal choices

#### Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
- 100% Fruit Juice: Apple, Orange
- Milk: Skim White, Chocolate or 1% White

#### Service from 7:20am to 7:50am Breakfast Daily

- Muffins, Bagels, Egg sandwiches, Pop tarts
  - 100% Fruit Juice: Apple, Orange
  - Milk: Skim White, Chocolate or 1% White
- \* = Lacto-Ovo Vegetarian, may contain milk

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

Menus are subject to change without notice.

**Prices**  
Full Breakfast **FREE**  
Reduced Breakfast **FREE**

Full Lunch **\$3.25**  
Reduced Lunch **\$1.40**

This institution is a participating provider.



# Spring-Ford Area School District March 2023

March 6 to March 10

## High School Menu



### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Baked Fries</i> <b>Corn Salad Cupped Pears</b>	<i>Baked Fries</i> <b>Pinto Bean Salad Cupped Mixed Fruit</b>	<i>Baked Fries</i> <b>Red Pepper Strips Cupped applesauce</b>	<i>Baked Fries</i> <b>Celery Sticks w/ Ranch Cupped Peaches</b>	<i>Baked Fries</i> <b>Carrot sticks Cupped Blueberries</b>



All sides are available to all meal choices

#### Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
- 100% Fruit Juice: Apple, Orange
- Milk: Skim White, Chocolate or 1% White

**Prices**  
Full Breakfast FREE  
Reduced Breakfast FREE

Full Lunch \$3.25  
Reduced Lunch \$ .40

#### Service from 7:20am to 7:50am Breakfast Daily

- Muffins, Bagels, Egg sandwiches, Pop tarts
  - 100% Fruit Juice: Apple, Orange
  - Milk: Skim White, Chocolate or 1% White
- \* = Lacto-Ovo Vegetarian, may contain milk

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

Menus are subject to change without notice.



#### 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.



# Spring-Ford Area School District March 2023

March 13 to March 17

## High School Menu



### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs/ Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Baked Fries</i> <b>Corn Salad Cupped Pears</b>	<i>Baked Fries</i> <b>Pinto Bean Salad Cupped Mixed Fruit</b>	<i>Baked Fries</i> <b>Red Pepper Strips Cupped applesauce</b>	<i>Baked Fries</i> <b>Celery Sticks w/ Ranch Cupped Peaches</b>	<i>Baked Fries</i> <b>Carrot sticks Cupped Blueberries</b>



All sides are available to all meal choices

#### Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
- 100% Fruit Juice: Apple, Orange
- Milk: Skim White, Chocolate or 1% White
- \* = Lacto-Ovo Vegetarian, may contain milk

#### Service from 7:20am to 7:50am Breakfast Daily

- Muffins, Bagels, Egg sandwiches, Pop tarts
- 100% Fruit Juice: Apple, Orange
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Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

Menus are subject to change without notice.



**Prices**  
Full Breakfast FREE  
Reduced Breakfast FREE

Full Lunch \$3.25  
Reduced Lunch \$1.40



**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.

# Spring-Ford Area School District March 2023

March 20 to March 24

## High School Menu



### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruits

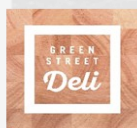
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### Entrees/ Customs/ Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Baked Fries</i> <b>Corn Salad Cupped Pears</b>	<i>Baked Fries</i> <b>Pinto Bean Salad Cupped Mixed Fruit</b>	<i>Baked Fries</i> <b>Red Pepper Strips Cupped applesauce</b>	<i>Baked Fries</i> <b>Celery Sticks w/ Ranch Cupped Peaches</b>	<i>Baked Fries</i> <b>Carrot sticks Cupped Blueberries</b>



All sides are available to all meal choices

#### Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
  - 100% Fruit Juice: Apple, Orange
  - Milk: Skim White, Chocolate or 1% White
- \* = Lacto-Ovo Vegetarian, may contain milk

Service from 7:20am to 7:50am  
Breakfast Daily

- Muffins, Bagels, Egg sandwiches, Pop tarts
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Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

Menus are subject to change without notice.

**Prices**  
Full Breakfast \$1.85  
Reduced Breakfast \$0.30

Full Lunch \$3.25  
Reduced Lunch \$0.40



# Spring-Ford Area School District March 2023

March 27 to March 31

## High School Menu



### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

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### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruits

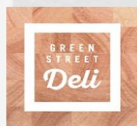
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### Entrees/ Customs/ Bro Grill

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### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Baked Fries</i> <b>Corn Salad Cupped Pears</b>	<i>Baked Fries</i> <b>Pinto Bean Salad Cupped Mixed Fruit</b>	<i>Baked Fries</i> <b>Red Pepper Strips Cupped applesauce</b>	<i>Baked Fries</i> <b>Celery Sticks w/ Ranch Cupped Peaches</b>	<i>Baked Fries</i> <b>Carrot sticks Cupped Blueberries</b>



All sides are available to all meal choices

#### Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
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Service from 7:20am to 7:50am  
Breakfast Daily

- Muffins, Bagels, Egg sandwiches, Pop tarts
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