

SEASD MONTHLY MEAL PLANNER : LUNCH

Grades K-8

Food Service Director: Scott Orsini

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March 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1			1 Pasta Bolognese with VEG Of The Day Green Beans Fruit of the Day Mixed Berries	2 Tomato Soup w/ Grilled Cheese with VEG Of The Day Baked Beans Fruit of the Day Mixed Berries	3 Chicken Tenders with VEG of the Day Corn Fruit of the Day Mixed Berries
WEEK 2	6 French Toast Sticks w/Sausage with VEG Of The Day Hashbrowns Fruit of the Day Mixed Berries	7 Chicken Fajitas with VEG of the Day Corn Fruit of the Day Mixed Berries	8 Ham and Cheese on a Pretzel Roll with VEG of the Day French Fries Fruit of the Day Mixed Berries	9 Chicken Parmigana Quesadilla with VEG of the Day Green Beans Fruit of the Day Mixed Berries	10 Hot Dog with VEG of the Day Mixed Vegetables Fruit of the Day Mixed Berries
WEEK 3	13 Pancakes W/ Sausage with VEG of the Day Hashbrowns Fruit of the Day Mixed Berries	14 Chicken Taco with VEG of the Day Corn Fruit of the Day Mixed Berries	15 Beef and Cheese Potato Bowl with VEG of the Day Broccoli Fruit of the Day Mixed Berries	16 Pizza Crunchers with VEG of the Day Green Beans Fruit of the Day Mixed Berries	17 Chicken Cheesesteak with VEG of the Day Corn Fruit of the Day Mixed Berries
WEEK 4	20 French Toast Sticks w/ Sausage with VEG of the Day Sweet Corn Fruit of the Day Mixed Berries	21 Bacon, Egg, and Cheese Taco with VEG of the Day Black Beans Fruit of the Day Mixed Berries	22 Chicken Fried Rice with VEG of the Day Peas Fruit of the Day Mixed Berries	23 Sloppy Joe Melt with VEG of the Day Green Beans Fruit of the Day Mixed Berries	24 Pizza Sticks with VEG of the Day Mixed Vegetables Fruit of the Day Mixed Berries
WEEK 5	27 Pancakes w/ Sausage with VEG of the Day Hashbrowns Fruit of the Day Mixed Berries	28 Cheese Ravioli with VEG of the Day Sweet Corn Fruit of the Day Mixed Berries	29 Mini Corn Dogs with VEG of the Day French Fries Fruit of the Day Mixed Berries	30 BBQ Chicken Mac and Cheese with VEG of the Day Green Beans Fruit of the Day Mixed Berries	31 Chicken Pizza Quesadilla with VEG of the Day Mixed Vegetables Fruit of the Day Mixed Berries

Daily Alternative Hot Lunch

Chicken Nuggets w/Dinner Roll,
Cheeseburger or Pizza

Daily Alternative Cold Lunch

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

March 2023 Food Service Newsletter



New Staff:

We would like to welcome the following staff: Teri Monstera & Kathleen Lewandowski

Fruits & Veggies: National Berry Month

Mixed Berries — Strawberries as well as other berries are good for your whole body. They naturally deliver **vitamins, fiber, and particularly high levels of antioxidants known as polyphenols** -- without any sodium, fat, or cholesterol. They are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium.

Buying and storing tips: California strawberries are fully ripe at the time they are picked and do not continue to ripen after harvesting. Here are a few tips on how to select & how to store strawberries to make your berries last as long as possible.

*Choose berries that have a bright red color, a natural shine and fresh looking green caps.
refrigerated and kept dry until just before serving.
After rinsing, gently blot dry.*

*Strawberries should always be
With green stems still intact, rinse berries under cool water.*

Health Highlights: Colorectal Cancer Awareness Month. **March** Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.

One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build awareness, how to get support, and more below. **Tomorrow can't wait!** <https://www.ccalliance.org/about/awareness-month>



March 6th
to
March 10th
Gift Giveaway with
every Breakfast served



March 15th
Beef & Cheese Potato
Bowl



Smoothie stations
Evans , Brooke & UPE



March health & Wellness Tip

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