

SEASD MONTHLY MEAL PLANNER : LUNCH

Grades K-8

June 2023

Food Service Director: Scott Orsini

Email: Sorsic@spring-ford.net Phone: 610-705-6118

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Good Morning  Look for something positive in every day, even if some days you have to look a little harder.	5 HEALTH BENEFITS OF RAISINS 	31 Italian Hoagie VEG Of The Day: Green Beans Fruit of the Day: Mixed Berries	1 Pizza Crunchers VEG Of The Day: Peas Fruit of the Day: Mixed Berries	2 Hot Dog VEG of the Day: Mixed Vegetables Fruit of the Day: Mixed Berries
WEEK 2	5 Pancakes w/ Sausage VEG Of The Day: Hashbrowns Fruit of the Day: Mixed Berries	6 Mini Corn Dogs VEG of the Day: Broccoli Fruit of the Day: Mixed Berries	7 Cooks Choice VEG of the Day: Green Beans Fruit of the Day: Mixed Berries	8 Cooks Choice VEG of the Day: Green Beans Fruit of the Day: Mixed Berries	
WEEK 3					
WEEK 4					
WEEK 5					

Daily Alternative Hot Lunch

Chicken Nuggets w/ Dinner Roll,
Cheeseburger or V-Pizza
V-Vegetarian Nuggets w/ Dinner Roll

Daily Alternative Cold Lunch

Ham & Cheese on Club Roll
V-Spring-Ford Salad

Daily Alternate Fruit & Vegetable

Mini Bagged Carrots, Sliced Apples

V = Vegetarian



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

June 2023 Food Service Newsletter



See you in the Fall !!!!!

Fruits & Veggies: Raisins

Raisins — Research shows that raisins could help lower your risk of heart disease by reducing blood pressure and blood sugar. The fiber in raisins lowers your [LDL \(bad\) cholesterol](#), which reduces strain on your heart. Raisins are also a good source of potassium. Studies have found that low potassium levels contribute to high blood pressure, heart disease, and stroke. The amount of potassium your body needs increases if your sodium intake is high, which is common in many people's diets. As a low-sodium food, raisins are a great way to ensure you're getting enough [potassium](#).

Buying and storing tips: Look for **tightly-sealed containers or covered bulk bins**. Raisins should feel soft and pliable. ☐ Store raisins in an airtight container in a cool, dry, dark place. ☐ Once opened, reseal the package tightly to help prevent hardening.

Health Highlights: **Children's Awareness Month** takes place in June every year. It is a special month that focuses on a generation of leaders who will pave the way for our future. Did you know that the word 'June' relates to 'children'? It is derived from the Latin word 'Ju-Ven-Is' which translates to 'youth.' This is why the month of June is annually set aside to celebrate and focus on children.



[Any questions or concerns please Contact:](#) FSD Scott Orsini at sorsiic@spring-ford.net

