



# SEPTEMBER 2023 Lunch Grades 1-4

Five food groups are offered at lunch: Meat/Meat ALT, Vegetable, Fruit, Grain, & Milk. In order to receive a Lunch, 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.

Do you qualify for free or reduced lunch? Visit the Spring-Ford website to submit application.

Sliced Apples, Dried Raisons & Bagged Carrots offered Daily



**Breakfast Prices**  
All breakfast will be Free for 23-24

**Lunch Prices**  
Paid: \$3.05  
Reduced: \$0.40

Available Daily - Chicken Nuggets W/ dinner roll , Cheese Pizza, Cheeseburger, Ham & Cheese Sandwich & Springford Salad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Waffle w/ Sausage</b> <sup>28</sup> VEG Hashbrowns Fruit of the Day Mixed Fruit	<b>Pasta w/ Meatballs</b> <sup>29</sup> VEG Of The Day Peas Fruit of the Day Diced Pears	<b>Chicken Patty on Roll</b> <sup>30</sup> VEG Of The Day French Fries Fruit of the Day Diced Peaches	<b>Teriyaki Chicken W/ Lo-Mein</b> <sup>31</sup> VEG Of The Day Green Beans Fruit of the Day Applesauce	<b>Hot Dog</b> <sup>1</sup> VEG Of The Day Sweet Corn Fruit of the Day Oranges
	<b>Walking Taco</b> <sup>5</sup> VEG Of The Day BBQ Black Beans Fruit of the Day Diced Pears	<b>Chicken Parm Flatbread</b> <sup>6</sup> VEG Of The Day Broccoli Fruit of the Day Diced Peaches	<b>Fish Sticks w/ Rice</b> <sup>7</sup> VEG Of The Day Sweet Corn Fruit of the Day Applesauce	<b>Bacon Cheeseburger</b> <sup>8</sup> VEG Of The Day Side Salad Fruit of the Day Oranges
<b>Pancakes w/ Sausage</b> <sup>11</sup> VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	<b>Pasta w/ Meatballs</b> <sup>12</sup> VEG Of The Day Sweet Corn Fruit of the Day Diced Pears	<b>LTO Chipotle Bean &amp; Cheese Nachos</b> <sup>13</sup> VEG Of The Day Peas Fruit of the Day Diced Peaches	<b>Chicken Patty On Roll</b> <sup>14</sup> VEG Of The Day Mixed Vegetables Fruit of the Day Applesauce	<b>Hot Dog</b> <sup>15</sup> VEG Of The Day Green Beans Fruit of the Day Oranges
<b>Waffle w/ Sausage</b> <sup>18</sup> VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	<b>Beef Nachos</b> <sup>19</sup> VEG Of The Day BBQ Black Beans Fruit of the Day Diced Pears	<b>BBQ Chicken Flatbread</b> <sup>20</sup> VEG Of The Day Peas Fruit of the Day Diced Peaches	<b>General Tso's Chicken w/ Rice</b> <sup>21</sup> VEG Of The Day Broccoli Fruit of the Day Applesauce	<b>Veggie Burger-V</b> <sup>22</sup> VEG Of The Day French Fries Fruit of the Day Oranges
<b>French Toast w/ Sausage</b> <sup>25</sup> VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	<b>Beef Soft Tacos</b> <sup>26</sup> VEG Of The Day BBQ Black Beans Fruit of the Day Diced Pears	<b>Pizza Crunchers</b> <sup>27</sup> VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	<b>Thai Chicken Rice Bowl</b> <sup>28</sup> VEG Of The Day Broccoli Fruit of the Day Applesauce	<b>Hot Dog</b> <sup>29</sup> VEG Of The Day Peas Fruit of the Day Mixed Fruit



# SEPTEMBER 2023 *Breakfast* Grades 1-4

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

Do you qualify for free or reduced lunch? Visit the Spring-Ford website to submit application.

Sliced Apples, Sliced Oranges & Flavored Juice offered Daily



**Breakfast Prices**  
All breakfast will be Free for 23-24

**Lunch Prices**  
Paid: \$3.05  
Reduced: \$0.40

Available Daily – Assorted Cereal served W/ string Cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> <b>Chicken Breakfast Sandwich</b>  <b>Fruit of the Day</b> Diced Pears Assorted Cereal Served W/ string cheese offered Daily	<b>29</b> <b>Bosco Cheese Stick</b>  <b>Fruit of the Day</b> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	<b>30</b> <b>Powdered Sugar Donut</b>  <b>Fruit of the Day</b> Applesauce Assorted Cereal Served W/ string cheese offered Daily	<b>31</b> <b>Breakfast Pizza</b>  <b>Fruit of the Day</b> Raisins Assorted Cereal Served W/ string cheese offered Daily	<b>1</b> <b>Cocoa Puff Bar</b>  <b>Fruit of the Day</b> Diced Peaches Assorted Cereal Served W/ string cheese offered Daily
	<b>5</b> <b>Chocolate Waffle</b>  <b>Fruit of the Day</b> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	<b>6</b> <b>Strawberry Apple Smoothie</b>  <b>Fruit of the Day</b> Applesauce Assorted Cereal Served W/ string cheese offered Daily	<b>7</b> <b>Sausage &amp; Cheese English Muffin</b>  <b>Fruit of the Day</b> Raisins Assorted Cereal Served W/ string cheese offered Daily	<b>8</b> <b>Oatmeal Apple Cinnamon Bar</b>  <b>Fruit of the Day</b> Diced Peaches Assorted Cereal Served W/ string cheese offered Daily
<b>11</b> <b>Cinnamon Biscuit</b>  <b>Fruit of the Day</b> Diced Pears Assorted Cereal Served W/ string cheese offered Daily	<b>12</b> <b>Powdered Sugar Donut</b>  <b>Fruit of the Day</b> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	<b>13</b> <b>Egg &amp; Cheese English Muffin</b>  <b>Fruit of the Day</b> Applesauce Assorted Cereal Served W/ string cheese offered Daily	<b>14</b> <b>Breakfast Pizza</b>  <b>Fruit of the Day</b> Raisins Assorted Cereal Served W/ string cheese offered Daily	<b>15</b> <b>Blueberry Muffin Top</b>  <b>Fruit of the Day</b> Diced Peaches Assorted Cereal Served W/ string cheese offered Daily
<b>18</b> <b>Bacon Breakfast Pizza</b>  <b>Fruit of the Day</b> Diced Pears Assorted Cereal Served W/ string cheese offered Daily	<b>19</b> <b>Pumpkin Spice Donut Holes</b>  <b>Fruit of the Day</b> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	<b>20</b> <b>Apple Orange Yogurt Smoothie</b>  <b>Fruit of the Day</b> Applesauce Assorted Cereal Served W/ string cheese offered Daily	<b>21</b> <b>Chocolate Chip Breakfast Bar</b>  <b>Fruit of the Day</b> Raisins Assorted Cereal Served W/ string cheese offered Daily	<b>22</b> <b>Ham &amp; Cheese Bagel</b>  <b>Fruit of the Day</b> Diced Peaches Assorted Cereal Served W/ string cheese offered Daily
<b>25</b> <b>Egg &amp; Cheese English Muffin</b>  <b>Fruit of the Day</b> Diced Pears Assorted Cereal Served W/ string cheese offered Daily	<b>26</b> <b>French Toast sticks</b>  <b>Fruit of the Day</b> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	<b>27</b> <b>Cinnamon Toast</b>  <b>Fruit of the Day</b> Applesauce Assorted Cereal Served W/ string cheese offered Daily	<b>28</b> <b>Chocolate Filled Crescent</b>  <b>Fruit of the Day</b> Raisins Assorted Cereal Served W/ string cheese offered Daily	<b>29</b> <b>Cinnamon Breakfast Bar</b>  <b>Fruit of the Day</b> Diced Peaches Assorted Cereal Served W/ string cheese offered Daily



# GREEN MACHINE

Great for the body and mind, most green fruits and veggies—including avocados, spinach, celery, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

## DISCOVER: KIWI

Look out for sweet and tangy kiwi this month. In season late September to early November, kiwi is packed with vitamins, antioxidants, and fiber.



**BROCCOLI:** Loaded with vitamins, protein, & iron  
Peak Season: Oct. – Apr.

**CUCUMBERS:** Low calorie, hydrating, & packed with phytonutrients  
Peak Season: May – Aug.



**GRANNY SMITH APPLE:**  
Bursting with vitamins A, B, C, E, & K, plus fiber  
Peak Season: Oct. – Nov.

## CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home\*.



SPINACH



ROMAINE



KALE



ARUGULA



MANGOLD



ICEBERG  
LETTUCE



## ACE'S RECIPE OF THE MONTH:

### GREAT GREENS SPINACH AND GREEN APPLE SALAD\*

Serves 4

#### INGREDIENTS:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 pinch of salt and pepper
- 5 cups of baby spinach
- 1 Granny Smith apple
- 1/3 cup of chopped walnuts

#### PREPARATION:

1. Ask an adult to toast the walnut pieces in a dry skillet over a medium-high heat until fragrant, about 2 minutes.
2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
3. Toss the spinach with the dressing until evenly coated.
4. Ask an adult to core and cut the Granny Smith apple into small cubes.
5. Top the salad with the apple pieces and chopped walnuts.
6. Enjoy!

**\*DO NOT attempt to chop ingredients or cook without adult supervision.**



# WE'RE HIRING

## SPRING-FORD AREA SCHOOL DISTRICT



### School Cafeteria Workers & Cafeteria Leads

\*No nights or weekends  
\*Part time available \*On-  
site training \*Starting at  
\$14.00 per hour

Powering potential.

