

FEBRUARY 2024 Grades 1st – 4th

Five food groups are offered at lunch: Meat/Meat ALT, Vegetable, Fruit, Grain, & Milk. 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



ACE'S CORNER



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Hot Dog on Roll 1 VEG Of The Day Corn Fruit of the Day Blueberries	Beef Totchos 2 VEG Of The Day BBQ Black Beans Fruit of the Day Diced Peaches
French Toast & Sausage 5 VEG Of The Day Hash Browns Fruit of the Day Mixed fruit	Teriyaki Chicken & Rice 6 VEG Of The Day Broccoli Fruit of the Day Diced Pears	Macaroni & Cheese 7 VEG Of The Day Green Beans Fruit of the Day Applesauce	Fish Tacos 8 VEG Of The Day Corn Fruit of the Day Blueberries	Meatball Pizza 9 VEG Of The Day French fries Fruit of the Day Diced Peaches
Waffles & Sausage 12 VEG Of The Day Hash Browns Fruit of the Day Mixed Fruit	Maxx Sticks w/ Sauce 13 VEG Of The Day Peas Fruit of the Day Diced Pears	Valentines Day 14 Chicken Tenders VEG Of The Day Sweet Potato Fries Fruit of the Day Chocolate Dipped Strawberry Smoothie	LTO 15 Thai Shrimp Noodle Bowl VEG Of The Day Corn Fruit of the Day Blueberries	Hot Dog on Roll 16 VEG Of The Day Tater Tots Fruit of the Day Diced Peaches
	General Tso's Chicken & Rice 20 VEG Of The Day Peas Fruit of the Day Diced Pears	Chicken Quesadilla 21 VEG Of The Day Green Beans Fruit of the Day Applesauce	Beef Chili Nachos 22 VEG Of The Day Corn Fruit of the Day Blueberries	Chicken Patty on Roll 23 VEG Of The Day French Fries Fruit of the Day Diced Peaches
Pancakes & Sausage 26 VEG Of The Day Hash Browns Fruit of the Day Mixed Fruit	Pizza Crunchers 27 VEG Of The Day Peas Fruit of the Day Diced Pears	Meatball Sub 28 VEG Of The Day Green Beans Fruit of the Day Applesauce	BBQ Chicken Flatbread 29 VEG Of The Day Corn Fruit of the Day Blueberries	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

FEBRUARY 2024 Breakfast 1st – 4th

Four food groups are offered at Breakfast: Meat/Meat ALT, , Fruit, Grain, & Milk. 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Egg & Cheese on a Bagel 1 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted Chocolate Pop Tarts 2 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Breakfast Pizza 6 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered Sugar Donut 7 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Mini Cinni Rolls 8 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted Strawberry Pop Tarts 9 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals Yogurt & Graham Cracker 12 Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	French Toast Sticks 13 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Cinnamon Sugar Donut 14 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese on a Bagel 15 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted Chocolate Pop Tarts 16 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
	Chocolate Chip Muffin 20 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered Sugar Donut 21 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Mini Cinni Rolls 22 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted Strawberry Pop Tarts 23 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals Yogurt & Graham Cracker 26 Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Waffles 27 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Cinnamon Sugar Donut 28 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese on a Bagel 29 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

FEBRUARY 2024 Breakfast Grab & Go 1st – 4th

Students are giving 4 food groups every day with there breakfast. Meat/Meat ALT, Grain, Fruit, and Dairy. Breakfast in the classroom is a program that promotes a greater participation for students that normally do not have the time to eat breakfast. It is a big thank you to all teachers that assist with this program as it does put extra responsibility on there position.

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Breakfast Prices

All breakfast will be
Free for 23-24

Lunch Prices

Paid: \$3.05
Reduced: \$0.40



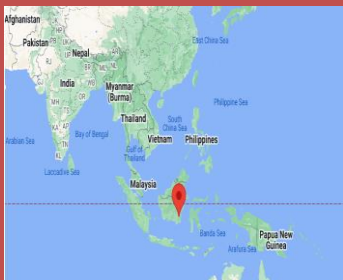
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Assorted Cereal Served w/ Fruit & Milk	Frosted Fudge Pop Tart Served w/ Fruit & Milk
Trix Cereal Bar Served w/ Fruit & Milk	Chocolate Chip Muffin Served w/ Fruit & Milk	Powdered Sugar Donut Served w/ Fruit & Milk	Assorted Cereal Served w/ Fruit & Milk	Cinnamon Pop Tart Served w/ Fruit & Milk
Cocoa Puffs Cereal Bar Served w/ Fruit & Milk	Blueberry Muffin Served w/ Fruit & Milk	Cinnamon Sugar Donut Served w/ Fruit & Milk	Assorted Cereal Served w/ Fruit & Milk	Frosted Strawberry Pop Tart Served w/ Fruit & Milk
	Chocolate Chip Muffin Served w/ Fruit & Milk	Powdered Sugar Donut Served w/ Fruit & Milk	Assorted Cereal Served w/ Fruit & Milk	Frosted Fudge Pop Tart Served w/ Fruit & Milk
Trix Cereal Bar Served w/ Fruit & Milk	Blueberry Muffin Served w/ Fruit & Milk	Cinnamon Sugar Donut Served w/ Fruit & Milk	Assorted Cereal Served w/ Fruit & Milk	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

Southeast Asia is a diverse and fascinating cultural crossroads that forms both a geographic a culinary link between Asia and the Indian

Southeast Asian recipes incorporate the organizing principals of Chinese cuisine and the complex flavors derived from Indian herbs and spices. Food can be sweet, sour, salty, spicy and bitter all in the same bite.

Through modern influences, the area has also embraced certain aspects of Colonial French cuisine, and to a lesser extent, Spanish and American cooking.

Although the foods of Vietnam, Cambodia, Laos, Burma (Myanmar), Indonesia, The Philippines, Thailand and Malaysia share core similarities, there are also significant regional differences. While Thai food, for example, is often characterized as sweet and spicy, Vietnamese food is considered light and refreshing and Filipino cuisine is heavy in comparison.

[illegible]

1 POTATO
2 POTATO
3 POTATO
MORE

NATIONAL *Tater Tot* DAY

February 2nd

National Tater Tot Day

February 14th

Happy Valentines day



February 20th

National Muffin Day

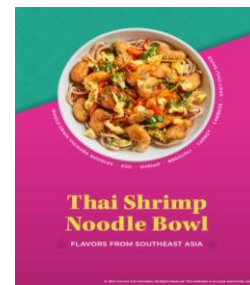


Wellness giveaway

Supply Pouch

February 9th

National Pizza day

February 15th

**Limited Time Offer Meal
From Latin America**

February 22nd

National Chili day



Any questions or information please contact Scott Orsini at sorsiiic@spring-ford.net

SEPIA SAVORIES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

DISCOVER: QUINOA & WHOLE GRAINS

Look out for a hearty helping of quinoa as well as whole grains this month. In season during the fall, these nourishing grains are brimming with protein and fiber as well as quercetin.



CACAO BEANS: Tons of antioxidants, iron, & calcium
Peak Season: Oct.-Mar.

PORTOBELLO MUSHROOMS:

Hearty dose of potassium, copper, & vitamin B6
Peak Season: Sep.-Oct.



HAZELNUTS: Bursting with protein, fiber, & minerals
Peak Season: Sep.-Oct.

CHALLENGE OF THE MONTH: PINE CONE BIRD FEEDER

Find some fresh pine cones and bake them in the oven on 225°F for 20 minutes to make them safe to use*. Then tie a pipe cleaner or some string to the top of the cone so that you can attach it to a tree or bush outside. Next, spread peanut butter all over the pine cone and roll it in a plateful of bird seed. Lastly, hang your pine cone bird feeder higher up on a bush or tree and watch the birds enjoy your treat.



ACE'S RECIPE OF THE MONTH:

CHEWY APPLE OAT BARS*

Serves 10



INGREDIENTS:

- 1 1/2 cups of rolled oats
- 2 tablespoons of flaxseed or chia seed
- 1/2 teaspoon of ground cinnamon
- 2 tablespoons of melted margarine
- 3/4 cup of applesauce
- 2 tablespoons of honey
- 3/4 cup of dried apple or cranberry



PREPARATION:

- 1. Preheat the oven to 400°F.
- 2. In a bowl, mix together the rolled oats, seeds, and cinnamon.
- 3. Add the remaining ingredients and mix until well combined.
- 4. Line a 6" x 8" tray with parchment paper and pour the mixture in, using the back of a spoon to flatten the mixture into an even layer.
- 5. Bake for 25-30 minutes or until golden and firm to the touch. Cooking time may vary depending on your oven.
- 6. Cut into 10 bar-sized portions and enjoy!

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