



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.

IDPH

February 2024

Grades 5th to 8th

LUNCH MENU

Breakfast Prices

All breakfast will be Free for 23-24

Lunch Prices

Paid: \$3.25

Reduced: \$0.40

Daily Alternative Hot Lunch

Chicken Nuggets w/Dinner Roll,

Cheeseburger or V-Pizza

V-Vegetarian Nuggets w/ Dinner Roll

Daily Alternative Cold Lunch

Turkey & Cheese on Club Roll

V-Spring-Ford Salad

Daily Alternate Fruit & Vegetable

Mini Bagged Carrots, Sliced Apples

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
 <p>French Toast & Sausage⁵ VEG Of The Day Hash Browns Fruit of the Day Mixed fruit</p>	 <p>Teriyaki Chicken & Rice⁶ VEG Of The Day Broccoli Fruit of the Day Diced Pears</p>	 <p>Macaroni & Cheese⁷ VEG Of The Day Green Beans Fruit of the Day Applesauce</p>	<p>Hot Dog on Roll¹ VEG Of The Day Corn Fruit of the Day Blueberries</p>	<p>Beef Totchos² VEG Of The Day BBQ Black Beans Fruit of the Day Diced Peaches</p>
<p>Waffles & Sausage¹² VEG Of The Day Hash Browns Fruit of the Day Mixed Fruit</p>	<p>Maxx Sticks w/ Sauce¹³ VEG Of The Day Peas Fruit of the Day Diced Pears</p>	<p>Valentines Day¹⁴ Chicken Tenders VEG Of The Day Sweet Potato Fries Fruit of the Day Chocolate Dipped Strawberry Smoothie</p>	<p>LTO¹⁵ Thai Shrimp Noodle Bowl VEG Of The Day Corn Fruit of the Day Blueberries</p>	<p>Hot Dog on Roll¹⁶ VEG Of The Day Tater Tots Fruit of the Day Diced Peaches</p>
 <p>General Tso's Chicken & Rice¹⁹ VEG Of The Day Peas Fruit of the Day Diced Pears</p>	<p>Chicken Quesadilla²¹ VEG Of The Day Green Beans Fruit of the Day Applesauce</p>	<p>Beef Chili Nachos²² VEG Of The Day Corn Fruit of the Day Blueberries</p>	<p>Chicken Patty on Roll²³ VEG Of The Day French Fries Fruit of the Day Diced Peaches</p>	
<p>Pancakes & Sausage²⁶ VEG Of The Day Hash Browns Fruit of the Day Mixed Fruit</p>	<p>Pizza Crunchers²⁷ VEG Of The Day Peas Fruit of the Day Diced Pears</p>	<p>Meatball Sub²⁸ VEG Of The Day Green Beans Fruit of the Day Applesauce</p>	<p>BBQ Chicken Flatbread²⁹ VEG Of The Day Corn Fruit of the Day Blueberries</p>	<p>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> <i>Great Benefits</i> Apply online @ www.aramark.com</p>

Menus are subject to change.

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 Scott orsini FSD at 610-705-6118

sorsiiic@spring-ford.net

aramark
STUDENT
NUTRITION

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Breakfast Menu

Breakfast Prices

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Lunch Prices

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Reduced: \$0.40

Fruits offered Daily: such as sliced apples, orange wedges, raisins

Sugar free Juice selection offered: orange juice, apple juice & fruit punch

Milk offered: 1% White milk, Fat Free Flavored Milk

Cereal: Cheerios, Cinn toast, Cocoa Puffs, Golden Grahams, & Lucky Charms served w/ animal crackers or Graham crackers Meat/ALT Cheese Stick

All Breakfast Must Include
Choice of:
Fruits And
May Include:
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
 Danimals ⁵ Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	 Breakfast ⁶ Pizza Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	 Powdered ⁷ Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese ¹ on a Bagel Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted ² Chocolate Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals ¹² Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	French Toast ¹³ Sticks Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Cinnamon ¹⁴ Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese ¹⁵ on a Bagel Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted ¹⁶ Chocolate Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
 Chocolate ¹⁹ Chip Muffin Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Chocolate ²⁰ Chip Muffin Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered ²¹ Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Mini Cinni ²² Rolls Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted ²³ Strawberry Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals ²⁶ Yogurt & Graham Cracker 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 ²⁸ Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese ²⁹ on a Bagel 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

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Grab & Go Breakfast menu

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Breakfast in the Classroom

1. No child should start the school day hungry. Studies show that children who skip breakfast are at an academic disadvantage. They have slower memory recall, make more errors, and are more likely to repeat a grade.¹
2. Not all children are able to eat at home. Whether they come from a family with a tight budget, are too busy, or simply have a poor appetite in the morning, not all children get the energy and nutrients they need to get a healthy start to the morning.
3. Your school has a breakfast program! Every day, meals are available to students that meet USDA guidelines, which reflect the best nutritional science available. Every breakfast service includes offerings of fruit, whole grains, and low fat or fat free milk.
4. Breakfast in the classroom gets more students to participate. Bus schedules, limited time, and class distance from the cafeteria are all barriers to participation in the school breakfast program. There is also sometimes a stigma associated with school breakfast. Having breakfast in the classroom eliminates many of these barriers and reduces stigma by enabling more students to participate in breakfast.
5. Breakfast in the classroom requires minimal work... A well-planned breakfast program runs smoothly. The teacher's role can be as easy as checking names off a roster and placing trash outside the classroom, and custodians need only pick up bags when breakfast is over. School food service staff can prepare meals the day before. Breakfast can be eaten in 10-15 minutes alongside routine morning activities.
6. ...and can have great payoffs! Studies show that eating breakfast can help math, reading, and standardized test scores.² Breakfast also helps students pay better attention in class, perform problem-solving tasks, and improves memory. Serving breakfast in the classroom can help reduce tardiness and absences, and help children behave better.³



All Breakfast
Must Include
Choice of:
Fruits And
May Include:
1% Low-Fat
Milk

**Powering
potential.™**

MON	TUES	WED	THURS	FRI
 Trix Cereal Bar ⁵ Served w/ Fruit & Milk	 Chocolate Chip Muffin ⁶ Served w/ Fruit & Milk	 Powdered Sugar Donut ⁷ Served w/ Fruit & Milk	Assorted Cereal ¹ Served w/ Fruit & Milk	Frosted Fudge Pop Tart ² Served w/ Fruit & Milk
Cocoa Puffs Cereal Bar ¹² Served w/ Fruit & Milk	Blueberry Muffin ¹³ Served w/ Fruit & Milk	Cinnamon Sugar Donut ¹⁴ Served w/ Fruit & Milk	Assorted Cereal ¹⁵ Served w/ Fruit & Milk	Frosted Strawberry PopTart ¹⁶ Served w/ Fruit & Milk
 Trix Cereal Bar ²⁶ Served w/ Fruit & Milk	Chocolate Chip Muffin ²⁰ Served w/ Fruit & Milk	Powdered Sugar Donut ²¹ Served w/ Fruit & Milk	Assorted Cereal ²² Served w/ Fruit & Milk	Frosted Fudge Pop Tart ²³ Served w/ Fruit & Milk
Blueberry Muffin ²⁷ Served w/ Fruit & Milk	Cinnamon Sugar Donut ²⁸ Served w/ Fruit & Milk	Assorted Cereal ²⁹ Served w/ Fruit & Milk	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com	

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South East Asia

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



When to Throw Out Leftovers

Food	Refrigerated	Freezer
Meat	3-4 days	3-6 months
Poultry	3-4 days	3-6 months
Seafood	1-2 days	3-6 months
Vegetables	3-5 days	3-6 months
Fruits	3-5 days	3-6 months
Dairy	3-5 days	3-6 months
Breads	3-5 days	3-6 months
Salads	3-5 days	3-6 months
Sauces	3-5 days	3-6 months
Spices	3-5 days	3-6 months

February 2024 Promotions



February 2nd
National Totar Tot Day



February 9th
National Pizza day



February 14th
Happy Valentines day



February 15th
Limited Time Offer Meal
From Latin America



February 20th
National Muffin Day



February 22nd
National Chili day



Wellness giveaway
Supply Pouch



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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.**