



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

sorsic@spring-ford.net



# February 2024


## Breakfast Prices

All breakfast will be Free for 23-24

## Lunch Prices

Paid: \$3.25

Reduced: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>5</p> <p><b>BKFST:</b> Waffles <b>Grill:</b> Hot Dog <b>Entree:</b> Breakfast sandwich <b>Grab &amp; Go:</b> Chicken Salad <b>Pizza:</b> Meat Lovers <b>Vegetable:</b> Green Beans <b>Fruit:</b> Whole Apples</p>	 <p>6</p> <p><b>BKFST:</b> French Toast <b>Grill:</b> Pizza Crunchers <b>Entree:</b> Pancakes <b>Grab &amp; Go:</b> Chicken Caesar <b>Pizza:</b> Chicken Bacon Ranch <b>Vegetable:</b> Broccoli <b>Fruit:</b> Whole Oranges</p>	 <p>7</p> <p><b>BKFST:</b> Breakfast Sandwich <b>Grill:</b> Spicy Popcorn Chicken <b>Entree:</b> Breakfast Sandwich <b>Grab &amp; Go:</b> Tuna Salad <b>Pizza:</b> BBQ Chicken <b>Vegetable:</b> Corn <b>Fruit:</b> Sliced Apples</p>	<p>1</p> <p><b>BKFST:</b> Pancakes <b>Grill:</b> Meatball Sub <b>Entree:</b> French Toast <b>Grab &amp; Go:</b> Hummus Wrap <b>Pizza:</b> Sausage <b>Vegetable:</b> Carrots <b>Fruit:</b> Whole Pears</p>	<p>2</p> <p><b>BKFST:</b> Donuts <b>Grill:</b> Maxx Sticks <b>Entree:</b> Pancakes <b>Grab &amp; Go:</b> Spicy Chicken <b>Pizza:</b> Cheeseburger <b>Vegetable:</b> Peas <b>Fruit:</b> Blueberries</p>
<p>12</p> <p><b>BKFST:</b> Waffles <b>Grill:</b> Hot Dog <b>Entree:</b> BBQ Pulled Pork <b>Grab &amp; Go:</b> Chicken Salad <b>Pizza:</b> Meat Lovers <b>Vegetable:</b> Green Beans <b>Fruit:</b> Whole Apples</p>	<p>13</p> <p><b>BKFST:</b> French Toast <b>Grill:</b> Pizza Crunchers <b>Entree:</b> Mac &amp; Cheese <b>Grab &amp; Go:</b> Chicken Caesar <b>Pizza:</b> Chicken Bacon Ranch <b>Vegetable:</b> Broccoli <b>Fruit:</b> Whole Oranges</p>	<p>14</p> <p><b>BKFST:</b> Breakfast Sandwich <b>Grill:</b> Spicy Popcorn Chicken <b>Entree:</b> BBQ Smoked Chicken <b>Grab &amp; Go:</b> Tuna Salad <b>Pizza:</b> BBQ Chicken <b>Vegetable:</b> Corn <b>Fruit:</b> Sliced Apples</p>	<p>15</p> <p><b>BKFST:</b> Pancakes <b>Grill:</b> Meatball Sub <b>Entree:</b> Thai Shrimp Noodle Bowl <b>Grab &amp; Go:</b> Hummus Wrap <b>Pizza:</b> Sausage <b>Vegetable:</b> Carrots <b>Fruit:</b> Whole Pears</p>	<p>16</p> <p><b>BKFST:</b> Donuts <b>Grill:</b> Maxx Sticks <b>Entree:</b> BBQ Pulled Pork <b>Grab &amp; Go:</b> Spicy Chicken <b>Pizza:</b> Cheeseburger <b>Vegetable:</b> Peas <b>Fruit:</b> Blueberries</p>
 <p>19</p>	<p>20</p> <p><b>BKFST:</b> French Toast <b>Grill:</b> Bosco Sticks <b>Entree:</b> Mac &amp; Cheese <b>Grab &amp; Go:</b> Chicken Caesar <b>Pizza:</b> Chicken Bacon Ranch <b>Vegetable:</b> Broccoli <b>Fruit:</b> Whole Oranges</p>	<p>21</p> <p><b>BKFST:</b> Breakfast Sandwich <b>Grill:</b> Cheesesteak <b>Entree:</b> BBQ Smoked Chicken <b>Grab &amp; Go:</b> Tuna Salad <b>Pizza:</b> BBQ Chicken <b>Vegetable:</b> Corn <b>Fruit:</b> Sliced Apples</p>	<p>22</p> <p><b>BKFST:</b> Pancakes <b>Grill:</b> Mini Corn Dogs <b>Entree:</b> Sloppy Joe <b>Grab &amp; Go:</b> Hummus Wrap <b>Pizza:</b> Sausage <b>Vegetable:</b> Carrots <b>Fruit:</b> Whole Pears</p>	<p>23</p> <p><b>BKFST:</b> Donuts <b>Grill:</b> Pepperoni Bosco Sticks <b>Entree:</b> BBQ Pulled Pork <b>Grab &amp; Go:</b> Spicy Chicken <b>Pizza:</b> Cheeseburger <b>Vegetable:</b> Peas <b>Fruit:</b> Blueberries</p>
<p>26</p> <p><b>BKFST:</b> Waffles <b>Grill:</b> Hot Dog <b>Entree:</b> Breakfast Sandwich <b>Grab &amp; Go:</b> Chicken salad <b>Pizza:</b> Meat Lovers <b>Vegetable:</b> Green Beans <b>Fruit:</b> Whole Apples</p>	<p>27</p> <p><b>BKFST:</b> French Toast <b>Grill:</b> Bosco Sticks <b>Entree:</b> Pancakes <b>Grab &amp; Go:</b> Chicken Caesar <b>Pizza:</b> Chicken Bacon Ranch <b>Vegetable:</b> Broccoli <b>Fruit:</b> Whole Oranges</p>	<p>28</p> <p><b>BKFST:</b> Breakfast Sandwich <b>Grill:</b> Cheesesteak <b>Entree:</b> Breakfast sandwich <b>Grab &amp; Go:</b> Tuna salad <b>Pizza:</b> BBQ Chicken <b>Vegetable:</b> Corn <b>Fruit:</b> Sliced Apples</p>	<p>29</p> <p><b>BKFST:</b> Pancakes <b>Grill:</b> Mini Corn Dog <b>Entree:</b> French Toast <b>Grab &amp; Go:</b> Hummus Wrap <b>Pizza:</b> Sausage <b>Vegetable:</b> Carrots <b>Fruit:</b> Whole Pears</p>	<p><b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>



# Spring-Ford HS Daily Offers



## Items Daily

### Nacho bar

- 1) Beef Taco
- 2) Fajita Chicken
- 3) Mex Spiced Rice
- 4) Cheddar Cheese sauce
- 5) Whole Grain Corn Chips & Walking Taco
- 6) 6" Whole Grain tortilla Wrap

### Condiments Offered

Diced Tomatoes ,  
Salsa, Sliced Jalapenos,  
Sliced Olives  
Sour Cream



## Items Daily

### Pizza Station

1. Cheese Pizza
2. Pepperoni Pizza
3. Buffalo Chicken Pizza

### Condiments Offered

Parmesan Cheese  
Garlic Powder  
Pepper Flakes



## Items Daily

### Grill Station

1. Hamburgers/Cheeseburgers
2. Chicken Patty/Spicy Chicken Patty
3. Chicken Nuggets

*Baked French Fries  
offered Daily*

### Condiments Offered

Ketchup  
Mustard  
BBQ sauce  
Ranch Dressing



## Items Daily

### Past bar

Week 1&2

1. Penne or Spaghetti
2. Meatballs
3. Roasted chicken
4. Marinara Sauce
5. Alfredo sauce

### Oriental Bar

Week 3&4

1. Egg fried Rice
2. Lo Mein Noodles
3. Teriyaki Chicken
4. Teriyaki beef



## Items Daily

### Grab & Go

1. Springford Salad
2. Chicken Caesar Salad
3. Buffalo Chicken Wrap
4. Ham & Cheese on Club roll
5. Cupped Fruit & Vegetables
6. Mixed Beverages



## Items Daily

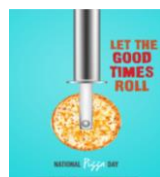
### Deli Bar made to Order

#### Protein Choice

1. Boar's Head Oven Gold Turkey
2. Boar's Head Ham
3. Boar's Head Buffalo Chicken
4. Boar's Head Italian Mix
5. American, Provolone, and Pepper jack Cheeses

#### Bread & Toppings

Whole Wheat Sliced , Kaiser Roll, Club Roll  
Peppers, Onions, Lettuce, Olives, Assorted Dressings



## Items Daily

### Breakfast

1. Muffins
2. Bagels
3. Egg & Cheese on English Muffin
4. Served W/ Milk & Mixed fruit

## 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 Item	Refrigerator	Freezer
Meat (beef, pork, chicken, turkey)	3-4 days	3-6 months
Ground meat	1-2 days	3-4 months
Seafood (fish, shellfish)	1-2 days	3-6 months
Eggs	3-5 days	6 months
Dairy (milk, cream, cheese)	2-3 weeks	6 months
Butter	1-2 years	6 months
Oil	Indefinite	Indefinite
Spices	Indefinite	Indefinite
Herbs	3-5 days	Indefinite
Vegetables	3-5 days	Indefinite
Fruits	3-5 days	Indefinite
Bread	3-5 days	Indefinite
Pasta	3-5 days	Indefinite
Rice	3-5 days	Indefinite

# February 2024 Promotions



February 2<sup>nd</sup>  
National Totar Tot Day



February 9<sup>th</sup>  
National Pizza day



February 14<sup>th</sup>  
Happy Valentine's day



February 15<sup>th</sup>  
Limited Time Offer Meal  
From Latin America



February 20<sup>th</sup>  
National Muffin Day



February 22<sup>nd</sup>  
National Chili day



Wellness giveaway  
Supply Pouch



Any questions or information please contact Scott Orsini at [sorsiic@spring-ford.net](mailto:sorsiic@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.**