



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



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.



March 2024

Breakfast Prices

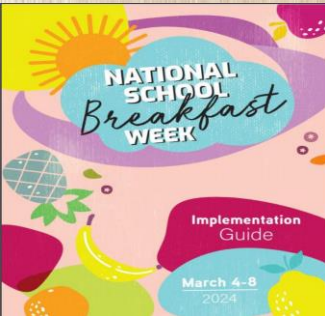
All breakfast will be Free for 23-24

Lunch Prices

Paid: \$3.25

Reduced: \$0.40

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

BKFST: Donuts
Grill: Maxx Sticks
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Cheeseburger
Vegetable: Peas
Fruit: Blueberries

4

BKFST: Waffles
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Vegetable: Green Beans
Fruit: Whole Apples

5

BKFST: French Toast
Grill: Pizza Crunchers
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Pepperoni Jalapeno
Vegetable: Broccoli
Fruit: Whole Oranges

6

BKFST: Breakfast Burrito
Grill: Spicy Popcorn Chicken
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Vegetable: Corn
Fruit: Sliced Apples

7

BKFST: Pancakes
Grill: Maxx Sticks
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Sausage
Vegetable: Carrots
Fruit: Whole Pears

8

BKFST: Donuts
Grill: Meat Ball Sub
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Cheeseburger
Vegetable: Peas
Fruit: Blueberries

11

BKFST: Waffles
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Vegetable: Green Beans
Fruit: Whole Apples

12

BKFST: French Toast
Grill: Bosco Sticks
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Pepperoni Jalapeno
Vegetable: Broccoli
Fruit: Whole Oranges

13

BKFST: Breakfast Burrito
Grill: Cheesesteak
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Vegetable: Corn
Fruit: Sliced Apples

14

BKFST: Pancakes
Grill: Mini Corn Dogs
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Sausage
Vegetable: Carrots
Fruit: Whole Pears

15

BKFST: Donuts
Grill: Peperoni Bosco Sticks
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Cheeseburger
Vegetable: Peas
Fruit: Blueberries

18

BKFST: Waffles
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Vegetable: Green Beans
Fruit: Whole Apples

19

BKFST: French Toast
Grill: Bosco Sticks
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Pepperoni Jalapeno
Vegetable: Broccoli
Fruit: Whole Oranges

20

BKFST: Breakfast Burrito
Grill: Cheesesteak
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Vegetable: Corn
Fruit: Sliced Apples

21

BKFST: Pancakes
Grill: Mini Corn Dogs
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Sausage
Vegetable: Carrots
Fruit: Whole Pears

22

BKFST: Donuts
Grill: Peperoni Bosco Sticks
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Cheeseburger
Vegetable: Peas
Fruit: Blueberries

25

BKFST: Waffles
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Vegetable: Green Beans
Fruit: Whole Apples

26

BKFST: French Toast
Grill: Bosco Sticks
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Pepperoni Jalapeno
Vegetable: Broccoli
Fruit: Whole Oranges

27

BKFST: Breakfast Burrito
Grill: Cheesesteak
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Vegetable: Corn
Fruit: Sliced Apples



Now Hiring!!
Food Service is Hiring!
Work While Kids are in School
Great Benefits
Apply online @
www.aramark.com



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



March 8th
National Meatball Day



March 4th to March 8th
National Breakfast Week

Items Daily

Breakfast

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

Latin American

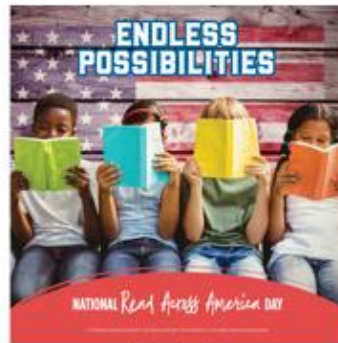
cuisine is the typical foods, beverages, and cooking styles common to many of the countries and cultures in Latin America. Latin America is a highly racially, ethnically, and geographically diverse with varying cuisines. Some items typical of Latin American cuisine include maize-based dishes arepas, empanadas, pupusas, tacos, tamales, tortillas and various salsas and other condiments (guacamole, pico de gallo, mole, chimichurri, chile, aji, pebre). Sofrito, a culinary term that originally referred to a specific combination of sautéed or braised aromatics, exists in Latin American cuisine. It refers to a sauce of tomatoes, roasted bell peppers, garlic, onions and herbs. Rice, corn, pasta, bread, plantain, potato, yucca, and beans are also staples in Latin American cuisine



When to Throw Out Leftovers

Food	When to Throw Out
Meat	3-4 days
Poultry	3-4 days
Seafood	1-2 days
Vegetables	3-5 days
Fruits	3-5 days
Dairy	3-5 days
Grains	3-5 days
Condiments	3-5 days
Salads	3-5 days
Soups	3-5 days
Sauces	3-5 days
Snacks	3-5 days
Beverages	3-5 days

March 2024 Promotions



March 1st

Read Across America
(Student Nutrition Hand outs)



March 4th to March 8th
National Breakfast Week
Smoothie Bars for all locations



March 19th

National Smoothie Day



March 7th

National Cereal Day



March 8th

National Meatball Day



March 13th

Spicy Chicken Mole Taco



March 13th

Wellness Giveaway Crayons



Wellness Activity For the
Month of March

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

BOLD & BERRY-FUL

Easily spotted by their vibrant appearance, red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include strawberries, currants, red peppers, and beets. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: RASPBERRIES



Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



TOMATOES: Tons of antioxidants, vitamin C, & lycopene
Peak Season: May - Oct.

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants

Peak Season: Sep. - Nov.



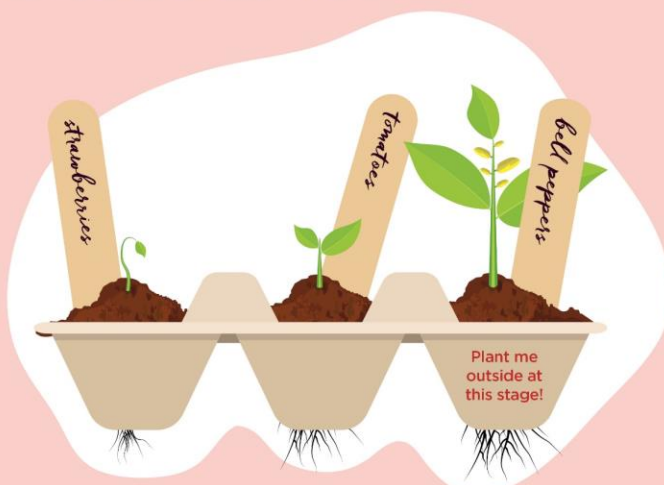
POMEGRANATES: Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

CHALLENGE OF THE MONTH: SPRING GROWTH

With spring just around the corner, what better way to celebrate than planting your own egg carton garden? Springtime in Texas is a great time to grow **strawberries, radishes, tomatoes, and red bell peppers.**

MATERIALS: soil, water, an egg carton, popsicle sticks, and seeds

DIRECTIONS: Add a bit of soil to each egg slot and plant a few seeds of one type in each. Use labeled popsicle sticks to keep track of your different seeds. Water a bit each day and watch as your garden grows!



ACE'S RECIPE OF THE MONTH:

BEET APPLESAUCE*

This blushing applesauce can't be beet!



INGREDIENTS:

- 4 large apples
- 1 small beet
- 1 teaspoon ground cinnamon
- 1/2 cup water

PREPARATION:

1. Ask an adult to core apples and cut into chunks (peeled optional)
2. Ask an adult to place a pot on the stove top over high heat and add the apples, beet, cinnamon, and water.
3. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender.
4. Put all ingredients into a blender and pulse until desired consistency (**be careful blending the hot liquid!**).
5. Place in a sealed container and chill in the fridge. Eat within 3 days.

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