



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

March 2024

Grades 5th to 8th

LUNCH MENU

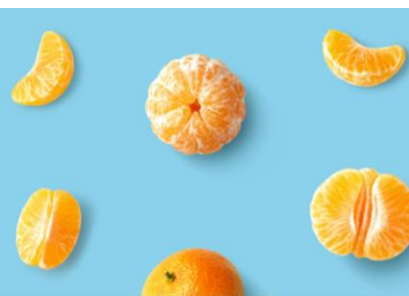
Breakfast Prices
All breakfast will be Free for 23-24
Lunch Prices
Paid: \$3.25
Reduced: \$0.00

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
				
French Toast & Sausage ⁴ VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	Chicken Fajitas ⁵ VEG Of The Day Corn Fruit of the Day Diced Pears	Nutrition ⁶ March is National Awareness Month 	Mini Corn Dogs ⁷ VEG Of The Day Peas Fruit of the Day Blueberries	Hot Dog ⁸ VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup
Waffles & Sausage ¹¹ VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	Maxx Sticks W/ Sauce ¹² VEG Of The Day Corn Fruit of the Day Diced Pears	LTO Spicy Chicken Mole Tacos ¹³ VEG Of The Day Diced Carrots Fruit of the Day Applesauce	General Tso's Chicken ¹⁴ VEG Of The Day Peas Fruit of the Day Blueberries	Hot Dog ¹⁵ VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup
Pancakes & Sausage ¹⁸ VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	Walking Taco ¹⁹ VEG Of The Day Corn Fruit of the Day Strawberry Apple Smoothie	BBQ Chicken Flatbread ²⁰ VEG Of The Day Diced Carrots Fruit of the Day Applesauce	Macaroni & Cheese ²¹ VEG Of The Day Peas Fruit of the Day Blueberries	Chicken Patty On Roll ²² VEG Of The Day Potato Wedges Fruit of the Day Strawberry Cup
French Toast & Sausage ²⁵ VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	Chicken Tenders ²⁶ VEG Of The Day Corn Fruit of the Day Diced Pears	Pizza Crunchers ²⁷ VEG Of The Day Diced Carrots Fruit of the Day Applesauce		Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

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

sorsic@spring-ford.net

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STUDENT NUTRITION

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Paid: \$3.25

Reduced: \$0.00

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

Powering potential.

MON	TUES	WED	THURS	FRI
<p>Danimals Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Breakfast Pizza Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p>SCHOOL CLOSED</p>	<p>Mini Cinni Rolls Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Frosted Chocolate Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p>Danimals Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Egg & Cheese on a Bagel Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Powdered Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Chocolate Chip Muffin Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Frosted Chocolate Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p>Danimals Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Breakfast Pizza Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Cinnamon Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Mini Cinni Rolls Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Frosted Strawberry Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p>Danimals Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Egg & Cheese on a Bagel Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p>Powdered Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily</p>		<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>

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Five food groups are offered at lunch: Meat/Meat ALT, Vegetable, 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 have a fruit. If a student does not follow the above guidelines, then the meal will be charged at a per item price. (see snack price list)

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Grab & Go Breakfast Menu

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}
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 payoff! Studies show that eating breakfast can help with math, reading, and standardized test scores.^{3,4} 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.⁵



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

Powering potential.

MON	TUES	WED	THURS	FRI
				Frosted Chocolate Pop Tarts ¹ Served w/ Fruit & Milk
Trix Cereal Bar ⁴ Served w/ Fruit & Milk	Chocolate Chip Muffin ⁵ Served w/ Fruit & Milk		Assorted Cereal ⁷ Served w/ Fruit & Milk	Frosted Strawberry Pop Tarts ⁸ Served w/ Fruit & Milk
Coco Puffs Cereal Bar ¹¹ Served w/ Fruit & Milk	Blueberry Muffin ¹² Served w/ Fruit & Milk	Whole Wheat Powdered Sugar Donut ¹³ Served w/ Fruit & Milk	Assorted Cereal ¹⁴ Served w/ Fruit & Milk	Frosted Chocolate Pop Tarts ¹⁵ Served w/ Fruit & Milk
Trix Cereal Bar ¹⁸ Served w/ Fruit & Milk	Chocolate Chip Muffin ¹⁹ Served w/ Fruit & Milk	Cinnamon Sugar Donut ²⁰ Served w/ Fruit & Milk	Assorted Cereal ²¹ Served w/ Fruit & Milk	Frosted Strawberry Pop Tarts ²² Served w/ Fruit & Milk
Coco Puffs Cereal Bar ²⁵ Served w/ Fruit & Milk	Blueberry Muffin ²⁶ Served w/ Fruit & Milk	Whole Wheat Powdered Sugar Donut ²⁷ 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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Latin American

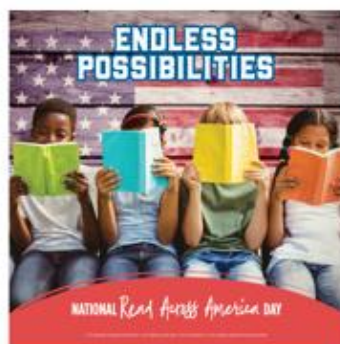
cuisine is the typical foods, beverages, and cooking styles common to many of the countries and cultures in Latin America. Latin America is a highly racially, ethnically, and geographically diverse with varying cuisines. Some items typical of Latin American cuisine include maize-based dishes arepas, 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
Sauces	3-5 days
Leftovers	3-5 days

March 2024 Promotions



March 1st

Read Across America
(Student Nutrition Hand outs)

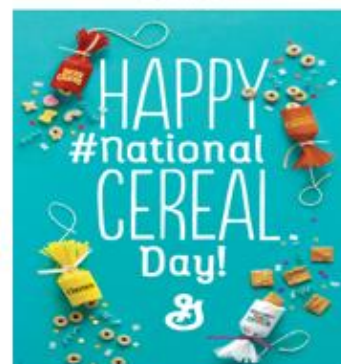


March 4th to March 8th
National Breakfast Week
Smoothie Bars for all locations



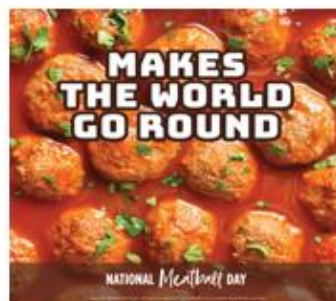
March 19th

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

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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.



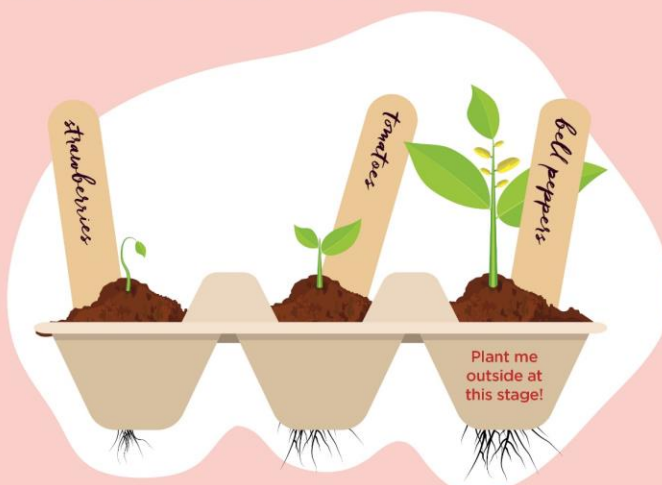
POMEGRANATES: Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

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.**