



March 2024 Lunch 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



ACE'S CORNER

Breakfast Prices
All breakfast will be
Free for 23-24

Lunch Prices
Paid: \$3.05
Reduced: \$0.00



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>French Toast & Sausage ⁴</p> <p>VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit</p>	<p>Chicken Fajitas ⁵</p> <p>VEG Of The Day Corn Fruit of the Day Diced Pears</p>	<p>SCHOOL CLOSED ⁶</p>	<p>Mini Corn Dogs ⁷</p> <p>VEG Of The Day Peas Fruit of the Day Blueberries</p>	<p>Hot Dog ¹</p> <p>VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup</p>
<p>Waffles & Sausage ¹¹</p> <p>VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit</p>	<p>Maxx Sticks W/ Sauce ¹²</p> <p>VEG Of The Day Corn Fruit of the Day Diced Pears</p>	<p>LTO Spicy Chicken Mole Tacos ¹³</p> <p>VEG Of The Day Diced Carrots Fruit of the Day Applesauce</p>	<p>General Tso's Chicken ¹⁴</p> <p>VEG Of The Day Peas Fruit of the Day Blueberries</p>	<p>Hot Dog ¹⁵</p> <p>VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup</p>
<p>Pancakes & Sausage ¹⁸</p> <p>VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit</p>	<p>Walking Taco ¹⁹</p> <p>VEG Of The Day Corn Fruit of the Day Strawberry Apple Smoothie</p>	<p>BBQ Chicken Flatbread ²⁰</p> <p>VEG Of The Day Diced Carrots Fruit of the Day Applesauce</p>	<p>Macaroni & Cheese ²¹</p> <p>VEG Of The Day Peas Fruit of the Day Blueberries</p>	<p>Chicken Patty On Roll ²²</p> <p>VEG Of The Day Potato Wedges Fruit of the Day Strawberry Cup</p>
<p>French Toast & Sausage ²⁵</p> <p>VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit</p>	<p>Chicken Tenders ²⁶</p> <p>VEG Of The Day Corn Fruit of the Day Diced Pears</p>	<p>Pizza Crunchers ²⁷</p> <p>VEG Of The Day Diced Carrots Fruit of the Day Applesauce</p>	<p><i>Spring in the Air</i> Happy Spring Break</p>	<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>



MARCH 2024 Breakfast Grades 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: \$0.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Frosted Chocolate 1 Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 4 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Breakfast Pizza 5 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily		Mini Cinni 7 Rolls Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted 8 Strawberry Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 11 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese 12 on a Bagel Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered 13 Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Chocolate Chip 14 Muffin Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted 15 Chocolate Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 18 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Breakfast Pizza 19 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Cinnamon 20 Sugar Donut Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Mini Cinni 21 Rolls Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted 22 Strawberry Pop Tarts Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 25 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese 26 on a Bagel Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered 27 Sugar Donut Fruit of the Day Applesauce 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



MARCH 2024 BIC Grades 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.

Do you qualify for free or reduced lunch? Visit the Spring-Ford website to submit application.



Breakfast Prices
All breakfast will be
Free for 23-24

Lunch Prices
Paid: \$3.05
Reduced: \$0.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Frosted Chocolate 1 Pop Tarts Served w/ Fruit & Milk
Trix Cereal Bar 4 Served w/ Fruit & Milk	Chocolate Chip Muffin 5 Served w/ Fruit & Milk	6	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	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	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

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, chili, ají, 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



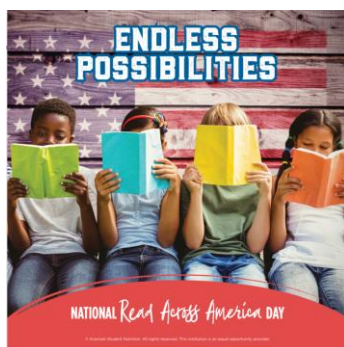
When to Throw It Out: Leftovers

Food	How long to keep	When to throw it out
Meat	3-4 days	After 4 days
Poultry	3-4 days	After 4 days
Seafood	1-2 days	After 2 days
Eggs	3-5 days	After 5 days
Dairy	3-5 days	After 5 days
Produce	3-7 days	After 7 days
Bakery	3-5 days	After 5 days
Condiments	3-5 days	After 5 days
Leftovers	3-4 days	After 4 days

When to Throw Out Food

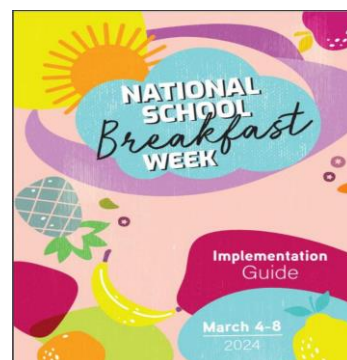
Food	How long to keep	When to throw it out
Meat	3-4 days	After 4 days
Poultry	3-4 days	After 4 days
Seafood	1-2 days	After 2 days
Eggs	3-5 days	After 5 days
Dairy	3-5 days	After 5 days
Produce	3-7 days	After 7 days
Bakery	3-5 days	After 5 days
Condiments	3-5 days	After 5 days
Leftovers	3-4 days	After 4 days

March 2024 Promotions



March 1st

Read Across America
(Student Nutrition Hand outs)

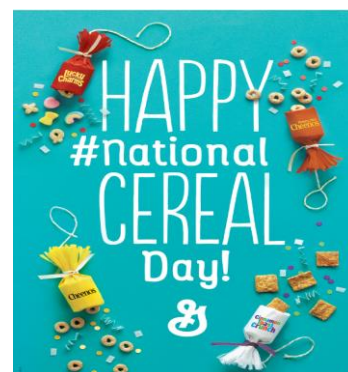


March 4th to March 8th
National Breakfast Week
Smoothie Bars for all locations



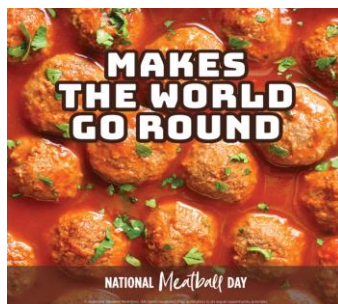
March 19th

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 sorsic@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

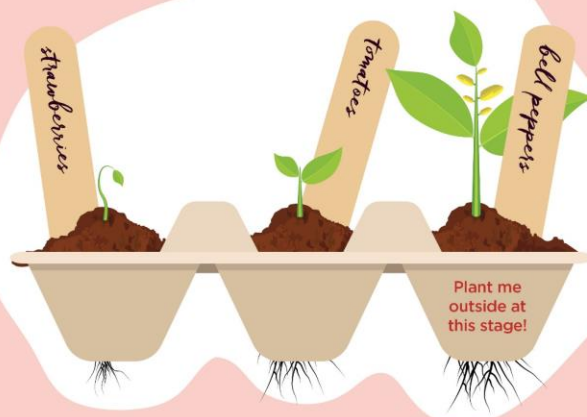
Peak Season: Sep. - Nov.

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!



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.**