



**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



# April 2024

## Grades 5<sup>th</sup> to 8<sup>th</sup> 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  |
|---|---|--|--|--|
|                                      | <sup>2</sup><br><b>Waffles &amp; Sausage</b><br>VEG Of The Day<br>Hashbrown<br>Fruit of the Day<br>Diced Pears            | <sup>3</sup><br><b>Bosco Sticks</b><br>VEG Of The Day<br>Diced Carrots<br>Fruit of the Day<br>Applesauce                                 | <sup>4</sup><br><b>Bean &amp; Cheese Burrito</b><br>VEG Of The Day<br>Peas<br>Fruit of the Day<br>Blueberries  | <sup>5</sup><br><b>Hot Dog</b><br>VEG Of The Day<br>Sweet Potato Fries<br>Fruit of the Day<br>Strawberry Cup   |
| <sup>8</sup><br><b>Pancakes &amp; Sausage</b><br>VEG Of The Day<br>Hash Brown<br>Fruit of the Day<br>Mixed Fruit      | <sup>9</sup><br><b>Teriyaki Chicken w/ Rice</b><br>VEG Of The Day<br>Corn<br>Fruit of the Day<br>Diced Pears              | <sup>10</sup><br>                                       | <sup>11</sup><br><b>Chicken Tenders</b><br>VEG Of The Day<br>Peas<br>Fruit of the Day<br>Blueberries   | <sup>12</sup><br><b>Open Face Grilled Ham &amp; Cheese on Flat Bread</b><br>VEG Of The Day<br>Sweet Potato Fries<br>Fruit of the Day<br>Strawberry Cup                                 |
| <sup>15</sup><br><b>French Toast &amp; Sausage</b><br>VEG Of The Day<br>Hash Brown<br>Fruit of the Day<br>Mixed Fruit | <sup>16</sup><br><b>Popcorn Chicken</b> w/ Spring-Ford Sauce<br>VEG Of The Day<br>Corn<br>Fruit of the Day<br>Diced Pears | <sup>17</sup><br><b>LTO</b><br><b>Fiery Roasted Jalapeno Cheddar Burger</b><br>VEG Of The Day<br>Fries<br>Fruit of the Day<br>Applesauce | <sup>18</sup><br><b>Pizza Crunchers</b><br>VEG Of The Day<br>Peas<br>Fruit of the Day<br>Blueberries   | <sup>19</sup><br><b>Hot Dog</b><br>VEG Of The Day<br>Sweet Potato Fries<br>Fruit of the Day<br>Strawberry Cup  |
| <sup>22</sup><br><b>Waffles &amp; Sausage</b><br>VEG Of The Day<br>Hash Brown<br>Fruit of the Day<br>Mixed Fruit      | <sup>23</sup><br>                      | <sup>24</sup><br><b>Macaroni &amp; Cheese</b><br>VEG Of The Day<br>Diced Carrots<br>Fruit of the Day<br>Applesauce                       | <sup>25</sup><br><b>Salisbury Steak w/ Gravy</b><br>VEG Of The Day<br>Peas<br>Fruit of the Day<br>Blueberries  | <sup>26</sup><br><b>Pepperoni Pizza</b><br>VEG Of The Day<br>Sweet Potato Fries<br>Fruit of the Day<br>Strawberry Cup  |
| <sup>29</sup><br><b>Pancakes &amp; Sausage</b><br>VEG Of The Day<br>Hash Brown<br>Fruit of the Day<br>Mixed Fruit     | <sup>30</sup><br><b>Chicken Nachos</b><br>VEG Of The Day<br>Corn<br>Fruit of the Day<br>Diced Pears                       | <br><b>APRIL FOOL'S DAY</b>                          | <br><b>Fiery Jalapeno Cheddar Burger</b><br>FLAVORS FROM NEW MEXICO | <b>Now Hiring!!</b><br>Food Service is Hiring!<br><b>Work While Kids are in School</b><br><b>Great Benefits</b><br>Apply online @ <a href="http://www.aramark.com">www.aramark.com</a> |

**Menus are subject to change.**

# Powering potential.



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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Grades 5<sup>th</sup> to 8<sup>th</sup>

**Breakfast Menu**



**Breakfast Prices**  
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**Lunch Prices**  
 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

| MON  | TUES  | WED   | THURS   | FRI  |
|--|---|---|---|--|
| <br>Danimals Yogurt <sup>8</sup><br>Graham Cracker<br>Fruit of the Day<br>Peaches<br>Assorted Cereal<br>Served W/ string cheese offered Daily | <b>Breakfast</b> <sup>2</sup><br><b>Pizza</b><br>Fruit of the Day<br>Pears<br>Assorted Cereal<br>Served W/ string cheese offered Daily  | <b>Cinnamon Sugar</b> <sup>3</sup><br><b>Donut</b><br>Fruit of the Day<br>Applesauce<br>Assorted Cereal<br>Served W/ string cheese offered Daily  | <b>Mini Cinni</b> <sup>4</sup><br><b>Rolls</b><br>Fruit of the Day<br>Mixed Fruit<br>Assorted Cereal<br>Served W/ string cheese offered Daily       | <b>Frosted</b> <sup>5</sup><br><b>Chocolate</b><br><b>Pop Tarts</b><br><b>Fruit of the Day</b><br>Blueberries<br>Assorted Cereal<br>Served W/ string cheese offered Daily              |
| Danimals Yogurt <sup>15</sup><br>Graham Cracker<br>Fruit of the Day<br>Peaches<br>Assorted Cereal<br>Served W/ string cheese offered Daily   | <b>Breakfast</b> <sup>16</sup><br><b>Pizza</b><br>Fruit of the Day<br>Pears<br>Assorted Cereal<br>Served W/ string cheese offered Daily | <b>Cinnamon Sugar</b> <sup>17</sup><br><b>Donut</b><br>Fruit of the Day<br>Applesauce<br>Assorted Cereal<br>Served W/ string cheese offered Daily | <b>Mini Cinni</b> <sup>18</sup><br><b>Rolls</b><br>Fruit of the Day<br>Mixed Fruit<br>Assorted Cereal<br>Served W/ string cheese offered Daily      | <b>Frosted</b> <sup>19</sup><br><b>Chocolate</b><br><b>Pop Tarts</b><br><b>Fruit of the Day</b><br>Blueberries<br>Assorted Cereal<br>Served W/ string cheese offered Daily             |
| Danimals Yogurt <sup>22</sup><br>Graham Cracker<br>Fruit of the Day<br>Peaches<br>Assorted Cereal<br>Served W/ string cheese offered Daily   |    | <b>Powdered Sugar</b> <sup>24</sup><br><b>Donut</b><br>Fruit of the Day<br>Applesauce<br>Assorted Cereal<br>Served W/ string cheese offered Daily | <b>Chocolate</b> <sup>25</sup><br><b>Chip Muffin</b><br>Fruit of the Day<br>Mixed Fruit<br>Assorted Cereal<br>Served W/ string cheese offered Daily | <b>Frosted</b> <sup>26</sup><br><b>Strawberry</b><br><b>Pop Tarts</b><br><b>Fruit of the Day</b><br>Blueberries<br>Assorted Cereal<br>Served W/ string cheese offered Daily            |
| Danimals Yogurt <sup>29</sup><br>Graham Cracker<br>Fruit of the Day<br>Peaches<br>Assorted Cereal<br>Served W/ string cheese offered Daily   | <b>Breakfast</b> <sup>30</sup><br><b>Pizza</b><br>Fruit of the Day<br>Pears<br>Assorted Cereal<br>Served W/ string cheese offered Daily | <br><b>APRIL FOOL'S DAY</b>                                   | <br><b>THE FUTURE IS BRIGHT</b><br>EARTH DAY                   | <b>Now Hiring!!</b><br>Food Service is Hiring!<br><b>Work While Kids are in School</b><br><b>Great Benefits</b><br>Apply online @ <a href="http://www.aramark.com">www.aramark.com</a> |

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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.<sup>14</sup>
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.<sup>16</sup> 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.<sup>17</sup>



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

| MON   | TUES  | WED  | THURS   | FRI  |
|---|---|--|---|--|
|  | <b>Chocolate Chip Muffin</b> <sup>2</sup><br>Served w/ Fruit & Milk                 | <b>Cinnamon Sugar Donut</b> <sup>3</sup><br>Served w/ Fruit & Milk                   | <b>Assorted Cereal</b> <sup>4</sup><br>Served w/ Fruit & Milk                         | <b>Frosted Chocolate Pop Tarts</b> <sup>5</sup><br>Served w/ Fruit & Milk  |
| <b>Cocoa Puffs Cereal Bar</b> <sup>8</sup><br>Served w/ Fruit & Milk              | <b>Blueberry Muffin</b> <sup>9</sup><br>Served w/ Fruit & Milk                      |     | <b>Assorted Cereal</b> <sup>11</sup><br>Served w/ Fruit & Milk                        | <b>Frosted Strawberry Pop Tarts</b> <sup>12</sup><br>Served w/ Fruit & Milk  |
| <b>Trix Cereal Bar</b> <sup>15</sup><br>Served w/ Fruit & Milk                    | <b>Chocolate Chip Muffin</b> <sup>16</sup><br>Served w/ Fruit & Milk                | <b>Cinnamon Sugar Donut</b> <sup>17</sup><br>Served w/ Fruit & Milk                  | <b>Assorted Cereal</b> <sup>18</sup><br>Served w/ Fruit & Milk                        | <b>Frosted Chocolate Pop Tarts</b> <sup>19</sup><br>Served w/ Fruit & Milk   |
| <b>Cocoa Puffs Cereal Bar</b> <sup>22</sup><br>Served w/ Fruit & Milk             |  | <b>Powdered Sugar Donut</b> <sup>24</sup><br>Served w/ Fruit & Milk                  | <b>Assorted Cereal</b> <sup>25</sup><br>Served w/ Fruit & Milk                        | <b>Frosted Strawberry Pop Tarts</b> <sup>26</sup><br>Served w/ Fruit & Milk  |
| <b>Trix Cereal Bar</b> <sup>29</sup><br>Served w/ Fruit & Milk                    | <b>Chocolate Chip Muffin</b> <sup>30</sup><br>Served w/ Fruit & Milk                |  |  | <b>Now Hiring!!</b><br>Food Service is Hiring!<br><b>Work While Kids are in School</b><br><b>Great Benefits</b><br>Apply online @ <a href="http://www.aramark.com">www.aramark.com</a> |

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## Native American

### Influence:

The indigenous people of New Mexico, including the Navajo, Apache, and Pueblo tribes, were the first to cultivate and harvest the crops that are now essential to the state's cuisine. These included corn, beans, squash, and chile peppers. The Pueblo people also developed a technique for roasting chiles, which is still used today in many New Mexican dishes.

The Anasazi people were one of the ancient indigenous groups that lived in the region. **Anasazi beans**, a native bean to the area, are named after them. Anasazi beans are known for their creamy texture, delicate flavor, and distinctive markings. They are a mottled cream and burgundy color and have a slightly sweet taste that is often compared to chestnuts.

Anasazi beans are a versatile ingredient and can be used in a variety of dishes, including soups, stews, and salads. They are also a popular ingredient in Southwestern cuisine, where they are often used as a filling for burritos and enchiladas.

In addition to their culinary uses, Anasazi beans are also prized for their nutritional benefits. They are high in protein, fiber, and complex carbohydrates, and are a good source of vitamins and minerals such as iron, magnesium, and potassium.

# April 2024 Promotions



**Natalia Lescic**  
Fiery Roasted Jalapeno Cheddar Burger

Originally from Slovakia, Natalia has 10 years of experience in the culinary field. "I don't really believe that 'you are what you eat'," Natalia experiences and incorporates what she knows that food has a great impact on our body, mind and even mood. She is a fan of everything sustainable, healthy, and locally sourced.

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# PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

## DISCOVER: PLUM

Look out for plum perfection this month.

In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



## PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber  
Peak Season: Dec. - Feb.

**CONCORD GRAPES:** Bursting with manganese, vitamin K, & anthocyanins  
Peak Season: Sep. - Oct.



## EGGPLANT:

Full of fiber, folate, & antioxidants  
Peak Season: Jul. - Oct.

## CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

**DIRECTIONS:** Bring water to a boil with the chopped cabbage.\* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

### MATERIALS:

White clothes to dye  
1 large pot  
1 strainer  
2 cups of chopped red cabbage  
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

\*DO NOT attempt cook or chop without adult supervision.



## CREAMY PURPLE BERRY SMOOTHIE\*

Serves 2

### INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)

### PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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