

# APRIL 2024 Lunch

Grades 1<sup>st</sup> – 4<sup>th</sup>

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.

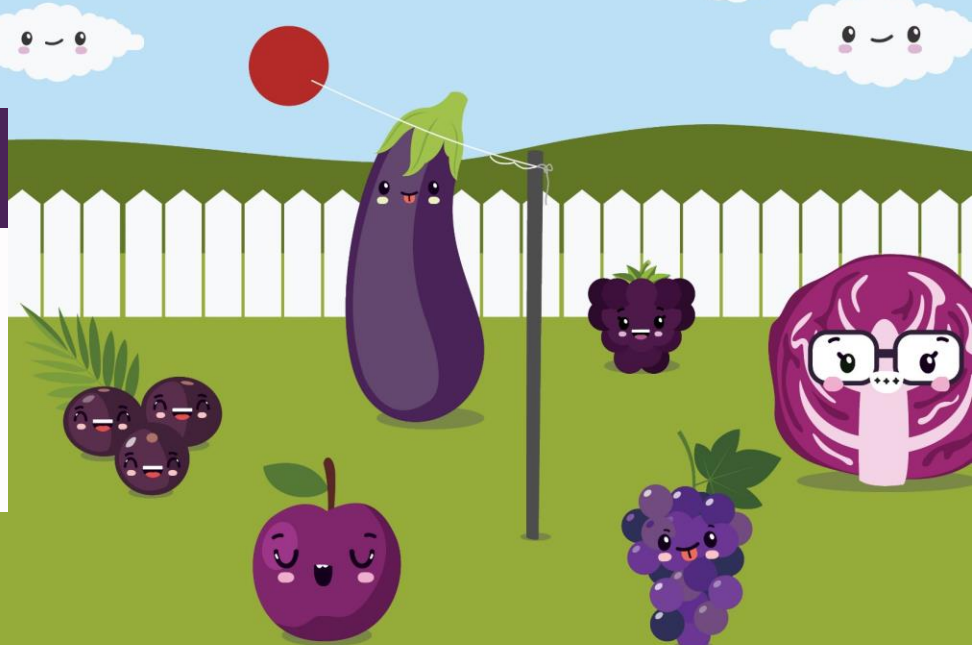
Sliced Apples, Dried Raisons & Bagged Carrots  
offered Daily



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
<div>1</div> 	<div>2</div> <b>Waffles &amp; Sausage</b>  VEG Of The Day Hashbrowns Fruit of the Day Diced Pears	<div>3</div> <b>Bosco Sticks</b>  VEG Of The Day Diced Carrots Fruit of the Day Applesauce	<div>4</div> <b>Bean &amp; Cheese Burrito</b>  VEG Of The Day Peas Fruit of the Day Blueberries	<div>5</div> <b>Hot Dog</b>  VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup
<div>8</div> <b>Pancakes &amp; Sausage</b>  VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	<div>9</div> <b>Teriyaki Chicken w/ Rice</b>  VEG Of The Day Corn Fruit of the Day Diced Pears	<div>10</div> 	<div>11</div> <b>Chicken Tenders</b>  VEG Of The Day Peas Fruit of the Day Blueberries	<div>12</div> <b>Open Face Grilled Ham &amp; Cheese on Flat Bread</b>  VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup
<div>15</div> <b>French Toast &amp; Sausage</b>  VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	<div>16</div> <b>Popcorn Chicken w/ Spring-Ford Sauce</b>  VEG Of The Day Corn Fruit of the Day Diced Pears	<div>17</div> <b>LTO</b> <b>Fiery Roasted Jalapeno Cheddar Burger</b>  VEG Of The Day Fries Fruit of the Day Applesauce	<div>18</div> <b>Pizza Crunchers</b>  VEG Of The Day Peas Fruit of the Day Blueberries	<div>19</div> <b>Hot Dog</b>  VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup
<div>22</div> <b>Waffles &amp; Sausage</b>  VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	<div>23</div> 	<div>24</div> <b>Macaroni &amp; Cheese</b>  VEG Of The Day Diced Carrots Fruit of the Day Strawberry Banana Smoothie	<div>25</div> <b>Salisbury Steak w/ Gravy</b>  VEG Of The Day Peas Fruit of the Day Blueberries	<div>26</div> <b>Pepperoni Pizza</b>  VEG Of The Day Sweet Potato Fries Fruit of the Day Strawberry Cup
<div>29</div> <b>Pancakes &amp; Sausage</b>  VEG Of The Day Hash Brown Fruit of the Day Mixed Fruit	<div>30</div> <b>Chicken Nachos</b>  VEG Of The Day Corn Fruit of the Day Diced Pears	 <b>APRIL FOOL'S DAY</b>	 <b>Fiery Jalapeno Cheddar Burger</b> FLAVORS FROM NEW MEXICO	<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>

# APRIL 2024 Breakfast Grades 1<sup>st</sup> – 4<sup>th</sup>

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.

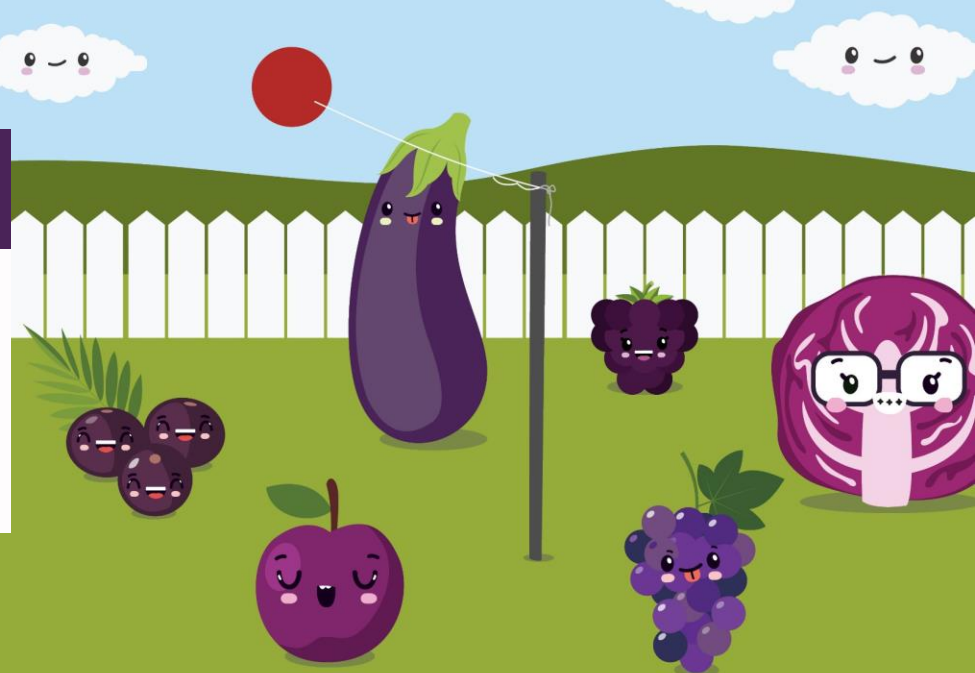
Sliced Apples, Sliced Oranges & Flavored Juice offered Daily



**Breakfast Prices**  
All breakfast will be Free for 23-24

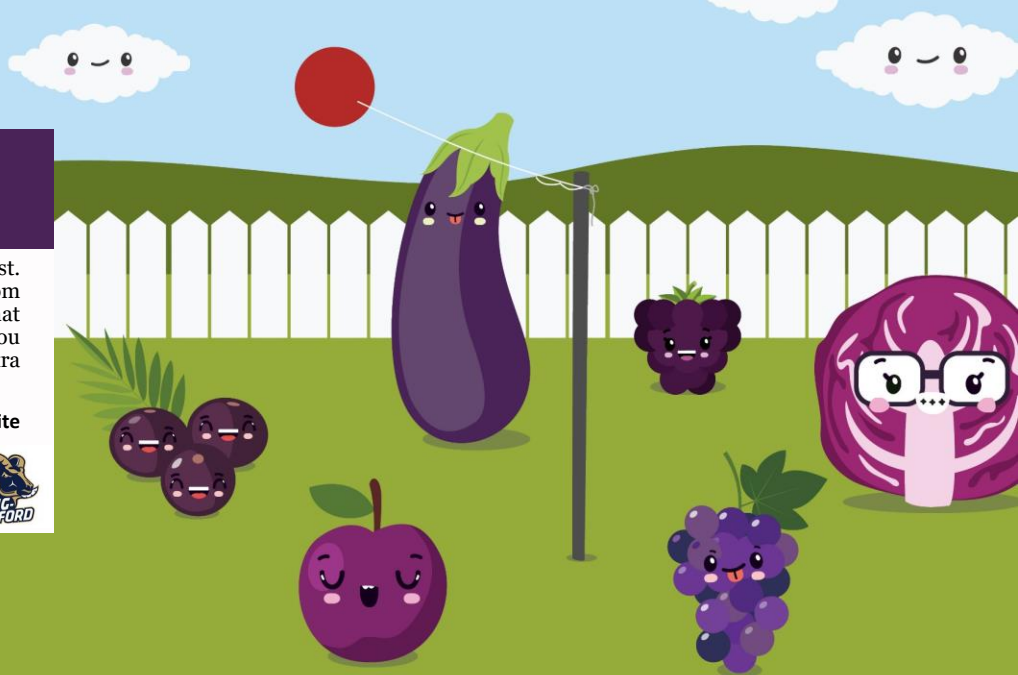


**Lunch Prices**  
Paid: \$3.05  
Reduced: \$0.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>SCHOOL CLOSED</p>	<p><b>2</b></p> <p><b>Breakfast Pizza</b> <u>Fruit of the Day</u> Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>3</b></p> <p><b>Cinnamon Sugar Donut</b> <u>Fruit of the Day</u> Applesauce Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>4</b></p> <p><b>Mini Cinni Rolls</b> <u>Fruit of the Day</u> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>5</b></p> <p><b>Frosted Chocolate Pop Tarts</b> <u>Fruit of the Day</u> Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p><b>8</b></p> <p><b>Danimals Yogurt &amp; Graham Cracker</b> <u>Fruit of the Day</u> Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>9</b></p> <p><b>Egg &amp; Cheese on a Bagel</b> <u>Fruit of the Day</u> Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>10</b></p> <p>SCHOOL CLOSED</p>	<p><b>11</b></p> <p><b>Chocolate Chip Muffin</b> <u>Fruit of the Day</u> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>12</b></p> <p><b>Frosted Strawberry Pop Tarts</b> <u>Fruit of the Day</u> Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p><b>15</b></p> <p><b>Danimals Yogurt &amp; Graham Cracker</b> <u>Fruit of the Day</u> Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>16</b></p> <p><b>Breakfast Pizza</b> <u>Fruit of the Day</u> Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>17</b></p> <p><b>Cinnamon Sugar Donut</b> <u>Fruit of the Day</u> Applesauce Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>18</b></p> <p><b>Mini Cinni Rolls</b> <u>Fruit of the Day</u> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>19</b></p> <p><b>Frosted Chocolate Pop Tarts</b> <u>Fruit of the Day</u> Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p><b>22</b></p> <p><b>Danimals Yogurt &amp; Graham Cracker</b> <u>Fruit of the Day</u> Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>23</b></p> <p>SCHOOL CLOSED</p>	<p><b>24</b></p> <p><b>Powdered Sugar Donut</b> <u>Fruit of the Day</u> Applesauce Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>25</b></p> <p><b>Chocolate Chip Muffin</b> <u>Fruit of the Day</u> Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>26</b></p> <p><b>Frosted Strawberry Pop Tarts</b> <u>Fruit of the Day</u> Blueberries Assorted Cereal Served W/ string cheese offered Daily</p>
<p><b>29</b></p> <p><b>Danimals Yogurt &amp; Graham Cracker</b> <u>Fruit of the Day</u> Peaches Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>30</b></p> <p><b>Breakfast Pizza</b> <u>Fruit of the Day</u> Pears Assorted Cereal Served W/ string cheese offered Daily</p>	<p><b>What Makes a BREAKFAST?</b> Select at least 3 Food Items each color dot below represents a meal component FRUIT (red), GRAIN (orange), MILK (blue), VEGETABLE (green), PROTEIN (purple) Must include a red dot</p>	<p><b>SPRING</b></p> <p>Illustration of two children playing in a garden with a butterfly net.</p>	<p><b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefit</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>





# APRIL 2024 BIC Grades 1<sup>st</sup> – 4<sup>th</sup>

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
<p>1</p> 	<p>2</p> <p><b>Chocolate Chip Muffin</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>3</p> <p><b>Cinnamon Sugar Donut</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>4</p> <p><b>Assorted Cereal</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>5</p> <p><b>Frosted Chocolate Pop Tarts</b></p> <p>Served w/ Fruit &amp;Milk</p>
<p>8</p> <p><b>Cocoa Puffs Cereal Bar</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>9</p> <p><b>Blueberry Muffin</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>10</p> 	<p>11</p> <p><b>Assorted Cereal</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>12</p> <p><b>Frosted Strawberry Pop Tarts</b></p> <p>Served w/ Fruit &amp;Milk</p>
<p>15</p> <p><b>Trix Cereal Bar</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>16</p> <p><b>Chocolate Chip Muffin</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>17</p> <p><b>Cinnamon Sugar Donut</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>18</p> <p><b>Assorted Cereal</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>19</p> <p><b>Frosted Chocolate Pop Tarts</b></p> <p>Served w/ Fruit &amp;Milk</p>
<p>22</p> <p><b>Cocoa Puffs Cereal Bar</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>23</p> 	<p>24</p> <p><b>Powdered Sugar Donut</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>25</p> <p><b>Assorted Cereal</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>26</p> <p><b>Frosted Strawberry Pop Tarts</b></p> <p>Served w/ Fruit &amp;Milk</p>
<p>29</p> <p><b>Trix Cereal Bar</b></p> <p>Served w/ Fruit &amp;Milk</p>	<p>30</p> <p><b>Chocolate Chip Muffin</b></p> <p>Served w/ Fruit &amp;Milk</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>

## 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.



**Natalia Lescic**  
Fiery Roasted Jalapeno Cheddar Burger

Originally from Moldova, Natalia has 10 years of experience in the culinary field. Chef Natalia believes that, "we are what we eat." From her experience and education she knows that food has a great impact on our body, mind, and soul. Food can be a fusion of memories, excitement, health, and energy when prepared with care.

She started her culinary career in 2008 as a cook in New England before moving back to Moldova to focus on modern European cuisine. After taking a break to focus on raising her daughter, she permanently moved to the United States and started working in kitchens again.

# April 2024 Promotions



April 1<sup>st</sup>  
April Fools Day



April 4<sup>th</sup>  
National Burrito Day



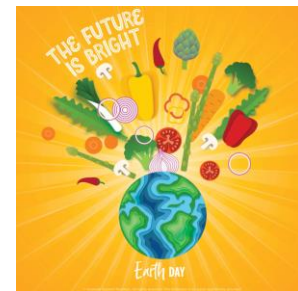
April 12<sup>th</sup>  
National Grill Cheese Day



April 17<sup>th</sup>  
Limited Time Only  
Jalapeno Cheddar Burger



April 17<sup>th</sup>  
National Banana Day  
Banana Smoothies



April 22<sup>nd</sup>  
National Earth Day  
Wellness Activity For the  
Month of March



Staying active is great for your BODY and MIND!



AVOCADOS AND LEAFY GREENS ARE PACKED WITH POWER!



THIS MONTH STICKER SHEET

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



# 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.



## ACE'S RECIPE OF THE MONTH:

## 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!



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

This institution is an equal opportunity provider.