



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

April 2024

Breakfast Prices

All breakfast will be Free for 23-24

Lunch Prices

Paid: \$3.25

Reduced: \$0.40

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



BKFAST: French Toast **2**
Grill: Pizza Crunchers
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Chicken Bacon Ranch
Main Plate: See Available Daily
Vegetable: Broccoli
Fruit: Mixed Fruit

BKFAST: Breakfast Burrito **3**
Grill: Spicy Popcorn Chicken
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Main Plate: See Available Daily
Vegetable: Corn
Fruit: Applesauce

BKFAST: Pancakes **4**
Grill: Maxx Sticks
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Bacon
Main Plate: See Available Daily
Vegetable: Carrots
Fruit: Pears

BKFAST: Donuts **5**
Grill: Meat Ball Sub
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Chicken Alfredo
Main Plate: See Available Daily
Vegetable: Peas
Fruit: Blueberries

BKFAST: Waffles **8**
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Main Plate: See Available Daily
Vegetable: Green Beans
Fruit: Peaches

BKFAST: French Toast **9**
Grill: Pizza Crunchers
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Chicken Bacon Ranch
Main Plate: See Available Daily
Vegetable: Broccoli
Fruit: Mixed Fruit



BKFAST: Pancakes **11**
Grill: Maxx Sticks
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Bacon
Main Plate: See Available Daily
Vegetable: Carrots
Fruit: Pears

BKFAST: Donuts **12**
Grill: Meat Ball Sub
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Chicken Alfredo
Main Plate: See Available Daily
Vegetable: Peas
Fruit: Blueberries

BKFAST: Waffles **15**
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Main Plate: See Available Daily
Vegetable: Green Beans
Fruit: Peaches

BKFAST: French Toast **16**
Grill: Pizza Crunchers
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Chicken Bacon Ranch
Main Plate: See Available Daily
Vegetable: Broccoli
Fruit: Mixed Fruit

BKFAST: Breakfast Burrito **17**
Grill: Spicy Popcorn Chicken
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Main Plate: See Available Daily
Vegetable: Corn
Fruit: Applesauce

BKFAST: Pancakes **18**
Grill: Maxx Sticks
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Bacon
Main Plate: See Available Daily
Vegetable: Carrots
Fruit: Pears

BKFAST: Donuts **19**
Grill: Meat Ball Sub
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Chicken Alfredo
Main Plate: See Available Daily
Vegetable: Peas
Fruit: Blueberries

BKFAST: Waffles **22**
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Main Plate: See Available Daily
Vegetable: Green Beans
Fruit: Peaches



BKFAST: Breakfast Burrito **24**
Grill: Spicy Popcorn Chicken
Grab & Go: Tuna Salad
Tortilla: Chicken Burrito
Pizza: BBQ Chicken
Main Plate: See Available Daily
Vegetable: Corn
Fruit: Applesauce

BKFAST: Pancakes **25**
Grill: Maxx Sticks
Grab & Go: Hummus Wrap
Tortilla: Chicken Quesadilla
Pizza: Bacon
Main Plate: See Available Daily
Vegetable: Carrots
Fruit: Pears

BKFAST: Donuts **26**
Grill: Meat Ball Sub
Grab & Go: Asian Chicken
Tortilla: Tater Tot Nachos
Pizza: Chicken Alfredo
Main Plate: See Available Daily
Vegetable: Peas
Fruit: Blueberries

BKFAST: Waffles **29**
Grill: Hot Dog
Grab & Go: Chicken Salad
Tortilla: Tater Tot Nachos
Pizza: Meat Lovers
Main Plate: See Available Daily
Vegetable: Green Beans
Fruit: Peaches

BKFAST: French Toast **30**
Grill: Pizza Crunchers
Grab & Go: Chicken Caesar
Tortilla: Chicken Quesadilla
Pizza: Chicken Bacon Ranch
Main Plate: See Available Daily
Vegetable: Broccoli
Fruit: Mixed Fruit



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

Branch

Week 1&2

1. Pancakes
2. French Toast
3. Breakfast Sausage
4. Bacon
5. Hashbrown

Spring-Ford Smokehouse

Week 3&4

1. Pulled Pork
2. Smoked Chicken
3. Sloppy Joe
4. Mac & Cheese
5. Corn Muffin



Items Daily

Grab & Go

1. Springford Salad
2. Chicken Caesar Salad
3. Buffalo Chicken Wrap
4. Ham & Cheese on Club roll
5. Apple Slices & Baby Carrots
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



Items Daily

Breakfast

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

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.

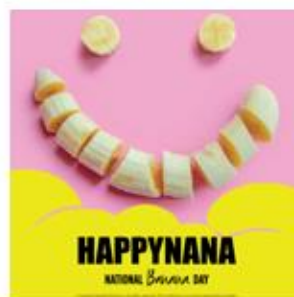
April 2024 Promotions



April 1st
April Fools Day



April 12th
National Grill Cheese Day



April 17th
National Banana Day
Banana Smoothies



BEYOND THE BITES
Staying active is great for your BODY and MIND!



April 4th
National Burrito Day



April 17th
Limited Time Only
Jalapeno Cheddar Burger



April 22nd
National Earth Day
Wellness Activity For the
Month of March



HEALTHY BITES
AVOCADOS AND LEAFY GREENS ARE PACKED WITH POWER!



Natalia Lescic

Fiery Roasted Jalapeño Cheddar Burger

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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:

- Place all ingredients in a blender, cover, and blend thoroughly.
- 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.