

October Lunch Menu 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



Breakfast Prices
All breakfast will be
Free for 24-25

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancakes & Sausage ³⁰ VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	Macaroni & Cheese ¹ VEG Of The Day Carrots Fruit of the Day Diced Pears	Buffalo Chicken Flatbread ² VEG Of The Day Broccoli Fruit of the Day Diced Peaches		Twin Soft Chicken Tacos ⁴ VEG Of The Day Tater Tots Fruit of the Day Oranges
Waffles & Sausage ⁷ VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	Chicken Nachos ⁸ VEG Of The Day Carrots Fruit of the Day Diced Pears	Teriyaki Chicken & Rice ⁹ VEG Of The Day Broccoli Fruit of the Day Apple Smoothies	Pizza Crunchers ¹⁰ VEG Of The Day Green Beans Fruit of the Day Applesauce	Chicken Patty On Roll ¹¹ VEG Of The Day Sweet Corn Fruit of the Day Oranges
French Toast & Sausage ¹⁴ VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	Disco Fries ¹⁵ VEG Of The Day Carrots Fruit of the Day Diced Pears	LTO Cheesy Chorizo Enchilada Bake ¹⁶ VEG Of The Day Broccoli Fruit of the Day Diced Peaches	Maxx Sticks w/ Sauce ¹⁷ VEG Of The Day Green Beans Fruit of the Day Applesauce	Hot Dog On Roll ¹⁸ VEG Of The Day Tater Tots Fruit of the Day Oranges
Pancakes & Sausage ²¹ VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	Walking Taco ²² VEG Of The Day Carrots Fruit of the Day Diced Pears	General Tso's Chicken ²³ VEG Of The Day Broccoli Fruit of the Day Diced Peaches	Macaroni & Cheese ²⁴ VEG Of The Day Green Beans Fruit of the Day Applesauce	Chicken Patty On Roll ²⁵ VEG Of The Day Sweet Corn Fruit of the Day Pumkin Spiced Smoothie
Waffles & Sausage ²⁸ VEG Of The Day Hashbrowns Fruit of the Day Mixed Fruit	Bean & Cheese Burrito ²⁹ VEG Of The Day Carrots Fruit of the Day Diced Pears	Mini Corn Dogs ³⁰ VEG Of The Day Broccoli Fruit of the Day Diced Peaches	Pepperoni Pizza ³¹ VEG Of The Day Green Beans Fruit of the Day Applesauce	Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Email Sorsiic@spring-ford.net for more information

October Breakfast Menu 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 24-25

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Danimals 30 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Breakfast Pizza 1 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered Sugar Donut 2 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily		Cinnamon Pop Tarts 4 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 7 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese 8 on an English Muffin Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Cinnamon Sugar Donut 9 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Waffles 10 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted Strawberry Pop Tart 11 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 14 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Breakfast Pizza 15 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered Sugar Donut 16 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Pancakes 17 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Cinnamon Pop Tarts 18 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 21 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Egg & Cheese 22 on an English Muffin Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Cinnamon Sugar Donut 23 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Waffles 24 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Frosted Strawberry Pop Tart 25 Fruit of the Day Blueberries Assorted Cereal Served W/ string cheese offered Daily
Danimals 28 Yogurt & Graham Cracker Fruit of the Day Peaches Assorted Cereal Served W/ string cheese offered Daily	Breakfast Pizza 29 Fruit of the Day Pears Assorted Cereal Served W/ string cheese offered Daily	Powdered Sugar Donut 30 Fruit of the Day Applesauce Assorted Cereal Served W/ string cheese offered Daily	Pancakes 31 Fruit of the Day Mixed Fruit Assorted Cereal Served W/ string cheese offered Daily	Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Email Sorsic@spring-ford.net for more information

October BIC Menu 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 24-25

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

Cheese Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

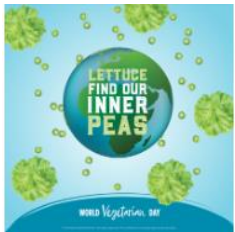
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Trix Cereal Bar ³⁰ Served w/ Fruit & Milk	Chocolate Chip Muffin ¹ Served w/ Fruit & Milk	Powdered Sugar Donut ² Served w/ Fruit & Milk		Cinnamon Pop Tarts ⁴ Served w/ Fruit & Milk
Cocoa Puffs Cereal Bar ⁷ Served w/ Fruit & Milk	Blueberry Muffin ⁸ Served w/ Fruit & Milk	Cinnamon Sugar Donut ⁹ Served w/ Fruit & Milk	Assorted Cereal ¹⁰ Served w/ Fruit & Milk	Frosted Strawberry Pop Tart ¹¹ Served w/ Fruit & Milk
Trix Cereal Bar ¹⁴ Served w/ Fruit & Milk	Chocolate Chip Muffin ¹⁵ Served w/ Fruit & Milk	Powdered Sugar Donut ¹⁶ Served w/ Fruit & Milk	Assorted Cereal ¹⁷ Served w/ Fruit & Milk	Cinnamon Pop Tarts ¹⁸ Served w/ Fruit & Milk
Cocoa Puffs Cereal Bar ²¹ Served w/ Fruit & Milk	Blueberry Muffin ²² Served w/ Fruit & Milk	Cinnamon Sugar Donut ²³ Served w/ Fruit & Milk	Assorted Cereal ²⁴ Served w/ Fruit & Milk	Pumkin Spiced Doughnuts ²⁵ Served w/ Fruit & Milk
Trix Cereal Bar ²⁸ Served w/ Fruit & Milk	Chocolate Chip Muffin ²⁹ Served w/ Fruit & Milk	Powdered Sugar Donut ³⁰ Served w/ Fruit & Milk	Assorted Cereal ³¹ Served w/ Fruit & Milk	<p>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Email Sorsiic@spring-ford.net for more information</p>





•Fruit of the month is Apples

- Apples Make Up Half of the World's Deciduous Fruit Tree Production. ...
- Over 2,500 Varieties of Apples are Grown in the United States. ...
- Apples Contain Malic Acid. ...
- Apple Pie is Not American. ...
- Apples Are High in Fiber. ...



Tuesday October 1st is National Vegetarian Day

Menu item will be delicious Mac & Cheese

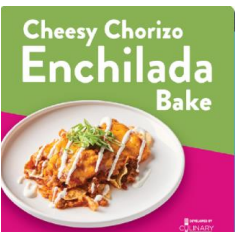
- Weight management
- Vegetarians tend to weigh less than people who eat meat.
- Environmental impact

A vegetarian diet can have a positive environmental impact because it requires less water and agricultural land than a meat-based diet.



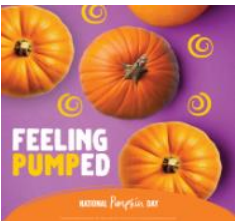
Friday October 4th is National Taco Day

Menu item will be Twin Tacos



Wednesday October 16th LTO Cheesy Turkey Chorizo Enchilada

- Originally, enchiladas were created within the Aztec empire. But the food that the Aztecs ate underwent modifications after the Spanish conquistadors invaded what would become Latin America. The Spanish added meat to the wraps being made by the Aztecs, as well as spicy sauces.



Friday October 25th Pumpkin Smoothie Day

- Enjoy our Pumpkin Smoothie served with all meals

•Pumpkin fruits are a type of berry known as a pepo. Characteristics commonly used to define pumpkin include smooth and slightly ribbed skin and deep yellow to orange color, although white, green, and other pumpkin colors also exist.



Contacts . Please be sure to contact Scott Orsini FSD if you have any questions regarding menu or operations of Food Service at sorsiiic@spring-ford.net or 610-705-6118

Links if Needed.

Free – Red application [Free - Red application Link](#)

Nutislice Link <https://spring-ford.nutrislice.com/menu>

Food Service - [Food Service information](#)

Notes

If you are interested in participating in a parent menu meeting, please contact Scott Orsini for more information

If you are interested in Part-Time employment for food service, please contact Scott Orsini

Goals

We set our goals to fit the needs of all families by adding character visits and building fun participating action stations for the students.

Coming in November

LTO for October will be our **Fall Brunch Plate**



SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**