



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

October 2024

Grades 5th – 8th

LUNCH MENU



Breakfast Prices

All breakfast will be Free for 24-25

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
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	 ³	Twin Soft 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 Diced Peaches	Pizza Crunchers ¹⁰ VEG Of The Day Green Beans Fruit of the Day Applesauce	Chicken Patty On Roll ¹¹ VEG Of The Day Tater Tots 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 ¹⁶ Cheesy Chorizo Enchilada Bake 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 Tater Tots Fruit of the Day Oranges
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! Work While Kids are in School Great Benefits Email Sorsiiic@spring-ford.net for more information

Menus are subject to change.



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

sorsiiic@spring-ford.net



aramark
STUDENT NUTRITION

This institution is an equal opportunity provider.



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October 2024

Grades 5th – 8th

Grab & Go breakfast

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Reduced: \$0.00



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.^{1,2}
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.^{3,4} 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.⁵



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

MON	TUES	WED	THURS	FRI
30 Trix Cereal Bar Served w/ Fruit & Milk	1 Chocolate Chip Muffin Served w/ Fruit & Milk	2 Powdered Sugar Donut Served w/ Fruit & Milk	3 	4 Cinnamon Pop Tarts Served w/ Fruit & Milk
7 Cocoa Puffs Cereal Bar Served w/ Fruit & Milk	8 Blueberry Muffin Served w/ Fruit & Milk	9 Cinnamon Sugar Donut Served w/ Fruit & Milk	10 Assorted Cereal Served w/ Fruit & Milk	11 Frosted Strawberry Pop Tart Served w/ Fruit & Milk
14 Trix Cereal Bar Served w/ Fruit & Milk	15 Chocolate Chip Muffin Served w/ Fruit & Milk	16 Powdered Sugar Donut Served w/ Fruit & Milk	17 Assorted Cereal Served w/ Fruit & Milk	18 Cinnamon Pop Tarts Served w/ Fruit & Milk
21 Cocoa Puffs Cereal Bar Served w/ Fruit & Milk	22 Blueberry Muffin Served w/ Fruit & Milk	23 Cinnamon Sugar Donut Served w/ Fruit & Milk	24 Assorted Cereal Served w/ Fruit & Milk	25 Frosted Strawberry Pop Tart Served w/ Fruit & Milk
28 Trix Cereal Bar Served w/ Fruit & Milk	29 Chocolate Chip Muffin Served w/ Fruit & Milk	30 Powdered Sugar Donut Served w/ Fruit & Milk	31 Assorted Cereal Served w/ Fruit & Milk	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Email Sorsic@spring-ford.net for more information

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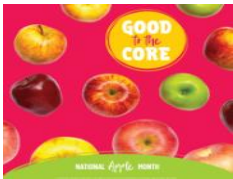
sorsic@spring-ford.net



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STUDENT NUTRITION

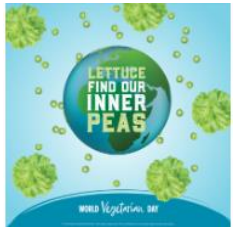
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October 2024



•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

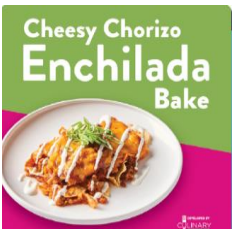
- Weight management
- Vegetarians tend to weigh less than people who eat meat.
- Environmental impact

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



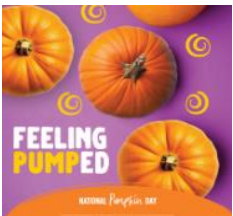
Friday October 4th is National Taco Day

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 Pumkin Smoothie Day

- Enjoy our **Pumkin 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 sorsiic@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.



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.**