



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



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

September 2024

Breakfast Prices

All breakfast will be Free for 23-24

Lunch Prices

Paid: \$3.25

Reduced: \$0.40



aramark
STUDENT NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKFST: Waffles 26 Grill: Hot Dog Grab & Go: Chicken Salad Tortilla: Tater Tot Nachos Pizza: Meat Lovers Main Plate: See Available Daily Vegetable: Green Beans Fruit: Peaches	BKFST: French Toast 27 Grill: Pizza Crunchers Grab & Go: Chicken Caesar Tortilla: Chicken Quesadilla Pizza: Chicken Bacon Ranch Main Plate: See Available Daily Vegetable: Broccoli Fruit: Mixed Fruit	BKFST: Breakfast Burrito 28 Grill: Spicy Popcorn Chicken Grab & Go: Tuna Salad Tortilla: Chicken Burrito Pizza: BBQ Chicken Main Plate: See Available Daily Vegetable: Corn Fruit: Applesauce	BKFST: Pancakes 29 Grill: Maxx Sticks Grab & Go: Hummus Wrap Tortilla: Chicken Quesadilla Pizza: Sausage Main Plate: See Available Daily Vegetable: Carrots Fruit: Pears	BKFST: Donuts 30 Grill: Meat Ball Sub Grab & Go: Asian Chicken Tortilla: Tater Tot Nachos Pizza: Bacon Main Plate: See Available Daily Vegetable: Peas Fruit: Blueberries
BKFST: Waffles 2 Grill: Hot Dog Grab & Go: Chicken Salad Tortilla: Tater Tot Nachos Pizza: Meat Lovers Main Plate: See Available Daily Vegetable: Green Beans Fruit: Peaches	BKFST: French Toast 3 Grill: Pizza Crunchers Grab & Go: Chicken Caesar Tortilla: Chicken Quesadilla Pizza: Chicken Bacon Ranch Main Plate: See Available Daily Vegetable: Broccoli Fruit: Mixed Fruit	BKFST: Breakfast Burrito 4 Grill: Spicy Popcorn Chicken Grab & Go: Tuna Salad Tortilla: Chicken Burrito Pizza: BBQ Chicken Main Plate: See Available Daily Vegetable: Corn Fruit: Applesauce	BKFST: Pancakes 5 Grill: Maxx Sticks Grab & Go: Hummus Wrap Tortilla: Chicken Quesadilla Pizza: Sausage Main Plate: See Available Daily Vegetable: Carrots Fruit: Pears	BKFST: Donuts 6 Grill: Meat Ball Sub Grab & Go: Asian Chicken Tortilla: Tater Tot Nachos Pizza: Bacon Main Plate: See Available Daily Vegetable: Peas Fruit: Blueberries
BKFST: Waffles 9 Grill: Hot Dog Grab & Go: Chicken Salad Tortilla: Tater Tot Nachos Pizza: Meat Lovers Main Plate: See Available Daily Vegetable: Green Beans Fruit: Peaches	BKFST: French Toast 10 Grill: Pizza Crunchers Grab & Go: Chicken Caesar Tortilla: Chicken Quesadilla Pizza: Chicken Bacon Ranch Main Plate: See Available Daily Vegetable: Broccoli Fruit: Mixed Fruit	BKFST: Breakfast Burrito 11 Grill: Spicy Popcorn Chicken Grab & Go: Tuna Salad Tortilla: Chicken Burrito Pizza: BBQ Chicken Main Plate: LTO Chana Masala Vegetable: Corn Fruit: Applesauce	BKFST: Pancakes 12 Grill: Maxx Sticks Grab & Go: Hummus Wrap Tortilla: Chicken Quesadilla Pizza: Sausage Main Plate: See Available Daily Vegetable: Carrots Fruit: Pears	BKFST: Donuts 13 Grill: Meat Ball Sub Grab & Go: Asian Chicken Tortilla: Tater Tot Nachos Pizza: Bacon Main Plate: See Available Daily Vegetable: Peas Fruit: Blueberries
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BKFST: Waffles 23 Grill: Hot Dog Grab & Go: Chicken Salad Tortilla: Tater Tot Nachos Pizza: Meat Lovers Vegetable: Green Beans Fruit:	BKFST: French Toast 24 Grill: Pizza Crunchers Grab & Go: Chicken Caesar Tortilla: Chicken Quesadilla Pizza: Chicken Bacon Ranch Main Plate: See Available Daily Vegetable: Broccoli Fruit: Mixed Fruit	BKFST: Breakfast Burrito 25 Grill: Spicy Popcorn Chicken Grab & Go: Tuna Salad Tortilla: Chicken Burrito Pizza: BBQ Chicken Main Plate: See Available Daily Vegetable: Corn Fruit: Applesauce	BKFST: Pancakes 26 Grill: Maxx Sticks Grab & Go: Hummus Wrap Tortilla: Chicken Quesadilla Pizza: Sausage Main Plate: See Available Daily Vegetable: Carrots Fruit: Pears	BKFST: Donuts 27 Grill: Meat Ball Sub Grab & Go: Asian Chicken Tortilla: Tater Tot Nachos Pizza: Bacon Main Plate: See Available Daily Vegetable: Peas Fruit: Blueberries



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

Asian bar

Week 1&3

1. Teriyaki Chicken
2. General Tso's Chicken
3. Veggie Spring Roll
4. Steamed Rice

Pasta Bar

Week 2&4

1. Spaghetti or Penne
2. Meatballs
3. Chicken
4. Marinara
5. Alfredo Sauce



Items Daily

Grab & Go

1. Springfield 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

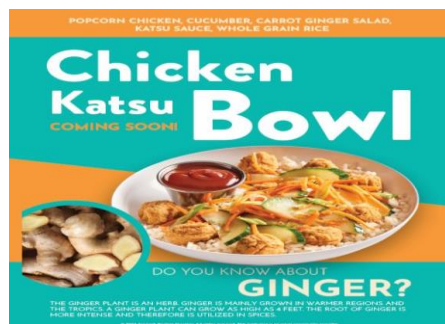
1. Muffins
2. Bagels
3. Egg & Cheese on English Muffin
4. Served W/ Milk & Mixed fruit

Welcome Back



Starting a new grade or school

As Students return to school, we understand the anxiety that comes with it so we do our best to ensure that the meal service they participate in is come and welcoming as we possibly can. We alter menu choices and be sure to accommodate each student needs.



September LTO Meal

History. Tonkatsu originated in Japan during the Meiji Era in the late 19th century, a dish derived from a French dish known as côtelette de veau.

This dish was first made in 1899 in a Tokyo restaurant. Earlier known as Pork Katsurestu, it was later called Tonkatsu. It was invented during the time of the Japanese Emperor Meji. Pork was the choice of meat at the time.

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 October

LTO for October will be our **Cheesy Chorizo Enchilada baked.**

Till next time...be well. — FSD NAME ☺



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.