

# EASY & DELICIOUS SCHOOL MEALS

## Powering the potential of every student is our passion

At Aramark Student Nutrition, we believe that nutrient-packed, delicious meals fuel students for success. Our teams work tirelessly to ensure that students have access to fresh, craveable meals through creative recipes, conveniently served. Seasonal menus feature special promotions and partnerships with trusted brands to provide an ever-changing selection of exciting meals. We are looking forward to serving each student throughout the upcoming school year!



## Meet your Student Nutrition Team:

Scott Orsini FSD – [sorsiic@spring-ford.net](mailto:sorsiic@spring-ford.net)

Dan Ziegler-Chief manager - [dziegic@spring-ford.net](mailto:dziegic@spring-ford.net)

Maureen Adams FSM Limerick- [madam@spring-ford.net](mailto:madam@spring-ford.net)

Christine Bond [cbondic@spring-ford.net](mailto:cbondic@spring-ford.net)

Jackie Feldman FSM UPE – [jafel@spring-ford.net](mailto:jafel@spring-ford.net)

Liz Hays FSM Evans – [ehaye@spring-ford.net](mailto:ehaye@spring-ford.net)

Deanne Dunn FSM Brooke – [ddunn@spring-ford.net](mailto:ddunn@spring-ford.net)

Lisa Davis FSM 8<sup>th</sup> Grade – [ldavi@spring-ford.net](mailto:ldavi@spring-ford.net)

Dawn Dechant FSM 9<sup>th</sup> Grade – [ddech@spring-ford.net](mailto:ddech@spring-ford.net)

Janees Wallace FSM MS – [jwall@spring-ford.net](mailto:jwall@spring-ford.net)

Maryjo Galen FSM HS – [mgale@spring-ford.net](mailto:mgale@spring-ford.net)

Clarisse Boyer FSM [S-City-Cboye@spring-ford.net](mailto:S-City-Cboye@spring-ford.net)

Tracy Bogucki Admin – [tbogu@spring-ford.net](mailto:tbogu@spring-ford.net)

## 2025-26 Meal Prices:

### Breakfast

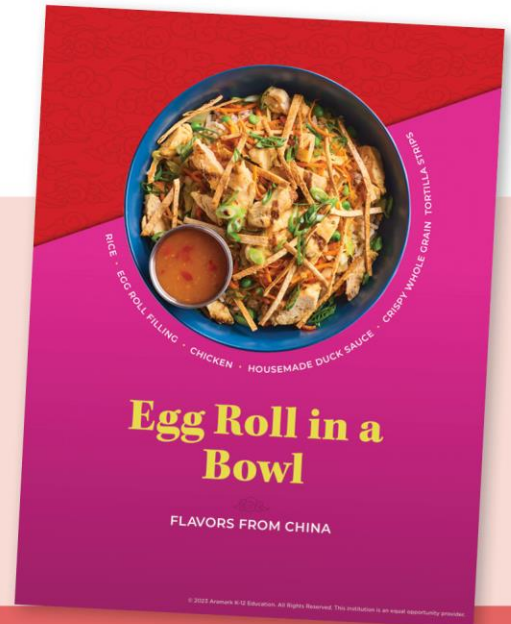
Elementary: FREE

Secondary: FREE

### Lunch

Elementary: \$3.05

Secondary: \$3.25



## What's Cooking?

Bookmark this page for quick access to breakfast and lunch menus: <https://spring-ford.nutrislice.com/menu>

## Pay for Snacks and Extras Through E-FUNDS Account

<https://eps.mvpbanking.com/cgi-bin/efs/login.pl?access=55178>

Quick and easy payment for school meals and a la carte purchases

- Ability to track purchases
- Receive low-balance reminders
- Option to automatically reload account funds

For additional details regarding Student Nutrition, visit

<https://www.spring-ford.net/about-spring-ford/departments/food-service>

## Where can I find menus?

You can access the breakfast and lunch menu at <https://www.spring-ford.net/about-spring-ford/departments/food-service>

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

## Parent Menu Committee

Looking for parents to be involved in Menu Planning Committee. Please email Scott Orsini if interested at [Sorsiic@spring-ford.net](mailto:Sorsiic@spring-ford.net)

## What does a full meal include?

Breakfast menus offer a variety of entrees, fruit and milk selections daily. A student must take at least ½-cup fruit and two other items to make a meal.



Lunch menus include entrée choices ranging from hot feature items, grill favorites, vegetarian offerings, pizza, and more. School meals are delicious and nutritious, providing protein and grains, along with milk, fresh fruits and vegetables. To ensure balanced nutrition, students must take at least 1/2 cup of fruit OR vegetable plus two other foods (selecting from protein grains milk fruit and

### OVS Breakfast Examples

Is this meal reimbursable breakfast?



- NO**  
You need one more item.
- YES**
  - Egg, 1 oz MMA = 1 item
  - ½ cup orange = 1 item
  - Milk = 1 item
- YES**
  - Egg, 1 oz MMA = 1 item
  - ½ cup juice = 1 item
  - Cereal = 1 item
- YES**
  - Cereal = 1 item
  - 1 cup Apple = 2 items

### Lunch OVS Examples

Is this a reimbursable lunch?



- YES**
- NO**  
You need at least a 1/2 cup of fruit, juice, or a vegetable.
- YES**
- NO**  
You need at least one more component.

## Will Student Nutrition accommodate my child's food allergy?

Food options are available that are made without the top nine allergens (wheat, egg, milk, soy, fish, shellfish, peanuts, tree nuts, sesame) and gluten. If your child requires dietary accommodation in the cafeteria, please contact your school nurse for more allergy restrictions. If you would like to limit certain items or purchases for your child, you can do so by clicking the link below and filling out the form.

[https://docs.google.com/forms/d/e/1FAIpQLSefSY0NNW\\_17EP42ZTw5A5cSeBIOLUg2upwT67wyZFhfnDqYA/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSefSY0NNW_17EP42ZTw5A5cSeBIOLUg2upwT67wyZFhfnDqYA/viewform?vc=0&c=0&w=1&flr=0)

## Is breakfast available for my child?

Breakfast is available at all schools. Check with your school's website for serving times.

For questions about the Student Nutrition program:

Please contact us at

Scott Orsini FSD at [sorsiic@spring-ford.net](mailto:sorsiic@spring-ford.net) or your location manager

# OUR CREATIVE MENUS

## Power the Potential of Students of Every Age

We've got exciting new menu promotions, health and wellness tips, and delicious and nutritious chef-inspired recipes we can't wait to share with you and your elementary, middle, and high school students! Using insights that look at most recent food trends, student preferences, and dining decisions, our dietitians and chefs create menu options and dining experiences that promote high quality, convenience, health, and personalization for our students. This, in turn, generates student excitement and empowers them to make better meal choices every day.



Ensures students receive a **balanced meal** from **all major food groups**



Offers a variety of **high-quality ingredients and exciting flavors** that students want



Includes **nutritious and delicious recipes** developed by our **chefs & dietitians**



Eliminates added **trans fats** and **limits sodium**



Did you know?  
**Your child's school menu...**



Provides **wholesome food** made from **fresh ingredients**

Features **brand-name foods** formulated for **K-12 students**

**TODAY'S FOODIE CULTURE HAS RESULTED IN AN EXPANDING PALATE AMONG STUDENTS OF ALL AGES.**

To encourage students to try new menu options at school, we feature promotional menu items each month, celebrate favorite food-themed events, as well as highlight daily and weekly recipe features that we know students will love!

Here are a  
**FEW HIGHLIGHTS**  
of the  
**EXCITING FLAVORS**

students will enjoy  
this semester



Egg Roll in a Bowl



Spicy Tzatziki Beef Gyro

Hot Honey Chicken Biscuit Tostada



Deluxe Veggie Burger

White Pizza with Chicken Sausage



Chicken Black Bean & Corn Pizza

Chicken & Kickin' Bean Nachos



Chipotle Cheesy Bean Nachos

Penne Caesar Salad

Baked Potato with Vegetarian Chili & Cheese



Garlic Chili Chicken Lo Mein

Baja Grilled Fish Tacos



Blueberry Yogurt Parfait

Glazed Lucky Charms Whole Grain Donut

Asian-Influenced Cuisine, including Steamed Chicken Dumplings & more



Sweet Chili Chicken Lettuce Wraps



Meals are served with an ever-changing variety of seasonal

**FARM-FRESH FRUITS & VEGETABLES**



Apple Cranberry Overnight Oats



**Breakfast**

is more than just for the cafeteria! It can be served in the classroom or as a grab-and-go meal from a cart in the hallway. Whatever a school needs, there's a menu to support!



Cheesy Ham & Egg Pancake Panini

# MEALS TO SMILE ABOUT

## Serving nutritious and delicious meals

Some of the healthiest food your children can eat is served at your child's school for breakfast and lunch. The federal government passed the Healthy Hunger Free Kids act in 2010 to ensure children eat balanced and nutritious meals, that provide the fuel they need to grow and thrive, both inside and outside of the classroom. As your school's food service provider, ensuring that students are well fed throughout the school day is our top priority.



### Believe In the Power of Food

- Can food have a role beyond fuel in schools?
- Can taste spark curiosity within the classroom?
- Can global flavors provoke discovery and discussion?
- Can a friendly hello change the course of a student's day?

We think so. At Aramark Student Nutrition, we believe eating nutrient-packed, delicious food powers potential.

### Powering Potential In Student Nutrition

We have an extensive database of recipes available to our schools, with a large variety of flavor profiles! To help ensure that schools are offering an assortment of nutritious and delicious meals, we introduce multiple promotions each month to help focus attention on different foods. These include recognized food days, such as national taco day or world vegetarian day; school-specific events, such as Spirit Day, with a focus on local favorites; or national events such as Earth Day, with a focus on fruits and vegetables.

One week per month, we introduce special promotions which provide a fun opportunity for students to try new foods that were developed by our chefs and dietitians. Our calendar of events includes delicious recipes influenced by global cuisines such as Asian, Greek and Mexican, along with on-trend sweet and spicy flavors.

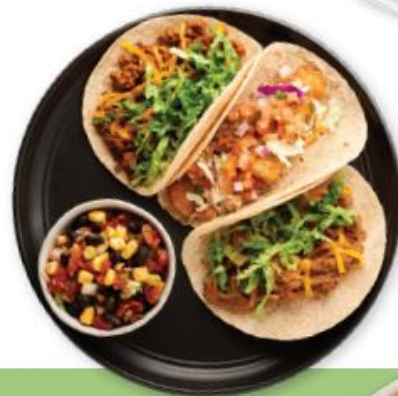
With all promotions, the option to taste-test is a key component offered at every school. Students, including those that might not typically eat a school meal, are encouraged to try a sample of a daily or weekly special.

Students who eat school breakfast have been shown to achieve

**17.5% HIGHER SCORES**

on standardized math tests.\*

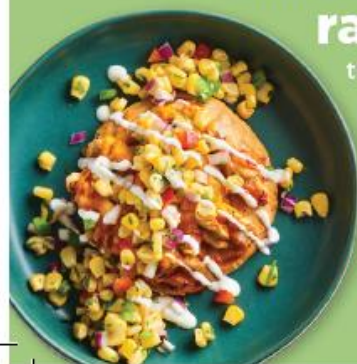
\*No Kid Hungry, Hunger in Our Schools. 2017.



To ensure that students have access to food they enjoy, our dining program offers a diverse **range of menu choices**

that include a variety of fruits and vegetables and age-appropriate entrée options.

Our dining professionals design healthy menus that exceed USDA regulations, while also taking into consideration the community needs, feedback from student surveys, and district resources.



Aramark chefs have created

**7,000+**

**K-12 RECIPES**

including **over 250 new recipes** each year



# A COMMITMENT TO WELLNESS

## The Power of Food

Good tasting food and fun flavors can spark curiosity and encourage discovery. That's why our culinary and student nutrition teams work hard to serve healthy and tasty foods capable of getting students excited and engaged with school dining.



Beyond offering a satisfying culinary experience, we believe that food powers potential. The nutrition that students need from school food impacts their physical development, cognitive aptitude, and learning potential. That's why we have a carefully calculated and dietitian-approved way to provide better, more balanced nutrition. When students eat a school meal, we want to ensure that meal will help nourish their mind and body, and help them succeed throughout the day, every day.

## Our Wellness Commitments

- 1** **Serve delicious and nutritious** meals that satisfy students and meet USDA requirements.  
Promote the benefits of eating breakfast by offerings the **School Breakfast Program** in a variety of settings including in the cafeteria and classroom as well as mobile-cart solutions.
- 2** Offer **healthy, nutrient-dense snacks** and healthy meal options for after-school programs and special events.
- 3** Encourage healthy lifestyles by **linking nutrition messaging** with the foods we serve.
- 4** Offer frequent food sampling opportunities **to encourage students to try new, healthy foods.**
- 5** Buy locally, partner with organizations to procure sustainable foods, and support school gardens to **help schools become more environmentally friendly.**
- 6** **Provide quality service** to our students and our customers with an engaged, committed staff.
- 7** Train and encourage staff to be **good stewards of water and energy** in schools; support composting, recycling, and green cleaning for healthy school environments, where possible.
- 8** Advance employee knowledge and sensitivity to **health and wellness education** through training and communication resources.
- 9** Engage in **legislative advocacy** on behalf of our nation's students.
- 10**

## feedyourpotential365™

As a part of our Healthy for Life® Initiative with the American Heart Association (AHA), we're committed to reaching out to students, parents, and community members with health and wellness ideas and information that can help you live a healthier life. That's what our Feed Your Potential (FYP) 365 campaign is all about! FYP365 is empowering millions of Americans to DISCOVER, CHOOSE, and SHARE the healthy foods that can help them reach their potential and accomplish their best. It comes to life through robust digital experiences—online and on social media, where people can get the knowledge, skills, and confidence they need to prepare healthy food for their families.

### Visit [FYP365.com](http://FYP365.com) for

Budget friendly, globally inspired, healthy recipes

Cooking tips and tricks from chefs

Healthy lifestyle updates from nutrition experts

Meal-planning inspiration shared through electronic newsletter and social media

# Empowering Wellness Education

We actively connect and engage with students about healthy eating habits and overall physical and emotional well-being. As food becomes more and more integrated into shared spaces beyond the cafeteria, our conversation regarding wellness has also expanded.

With increased signs of anxiety and depression amongst the youngest generation of students, our elementary wellness program encourages students to focus on mindfulness and creating lifelong positive habits.



## Elementary Wellness



**Ace, our nutrition mascot,** and his group of friends teach our youngest elementary students how eating right, staying active, and getting plenty of sleep will lead to good health and achievement. Throughout the school year, our Ace & Friends program focuses on relevant monthly topics that students can connect to, such as “Fall Fun” at the start of school and building confidence to make new friends.

To help maximize engagement, this program

includes includes engaging videos, lesson plans, promotional materials and monthly giveaways that reinforce learning with fun activities, coloring sheets and more. These activities can be done in a classroom setting or at home, so that students can engage in conversation regarding the message of the month.



**Our Healthy Bites program** provides promotional materials and tips on healthy eating, such as foods that provide energy, the importance of starting the day with a balanced breakfast, choosing nutritious snacks, and staying hydrated. As part of this program, students are encouraged to taste-test school menu items, with a focus on special daily features, seasonal fruits and veggies, and exciting new menu flavors. To help complement these educational materials, **our Beyond the Bites program** focuses on emotional well-being, with topics related to connecting with friends, setting goals, and taking a mental break throughout the day.



## Middle & High School Wellness

With our older students, health and wellness is incorporated throughout the dining space itself, where students are prompted to think about their own potential and healthy habits.

Our goal is to help students make smart decisions that benefit their mind and nourish their body to drive success today and in the future.

# YOUR CHILD MAY BE ELIGIBLE FOR **FREE** OR REDUCED-price **SCHOOL** **meals** **IN THE NEXT SCHOOL YEAR!**

## Apply Today to Find Out.

Ensuring your child eats right during school may be easier than you think. Free and reduced-price school meals like breakfast, Lunch and snacks are available to students who qualify!

## Not sure of your child's eligibility?

It's easy to find out and risk-free. Income eligibility guidelines are available online based on household size and income level. Be sure to apply for the financial support that your family may be eligible to receive.

We want to help ensure that once your children return for the 2024-2025 school year, they are eating throughout the school day. You may apply for the following benefits:

- **Free or Reduced-Price Meals:** Visit [www.fns.usda.gov/school-meals/income-eligibility-guidelines](http://www.fns.usda.gov/school-meals/income-eligibility-guidelines) for details. Information collected in the application is confidential and will be used only for evaluating the eligibility of students for free or reduced-price school meals.
- **SNAP Benefits:** Visit: [www.fns.usda.gov/snap/recipient/eligibility](http://www.fns.usda.gov/snap/recipient/eligibility) for details.

## Ready to apply? It's easy!



Complete an application:



For questions, contact us at:

Tracy Bogucki at [tbogu@spring-ford.net](mailto:tbogu@spring-ford.net)

**Healthy meals. Healthy minds. It makes Meal Sense.**

# FREE AND REDUCED APPLICATION TIP SHEET



## **DO I HAVE TO BE A UNITED STATES CITIZEN TO QUALIFY FOR AN APPLICATION?**

No, you may apply regardless of whether you or your children are United States Citizens.

**WHERE CAN I FIND AN APPLICATION IN MY LANGUAGE?** Visit the USDA site at <https://www.fns.usda.gov/school-meals/translated-applications> to see if an application is available in your language.

**DOES THE APPLICATION STAY THE SAME EVERY YEAR?** Applications are changed and updated every year; so, a new application must be submitted.

**WHEN SHOULD I COMPLETE THE APPLICATION?** You can begin applying in August. However, applications are accepted throughout the school year. Contact your school district for guidance on how to complete an application.

**DOES EVERY FAMILY HAVE TO SUBMIT AN APPLICATION?** Families that do not automatically qualify (directly certified) must re-apply every year.

## **HOW DO I KNOW IF I AM DIRECTLY CERTIFIED (AUTOMATICALLY QUALIFY)?**

A letter will be mailed to your home. Please ensure your address is current with the Central Registration Office.

**IF I RECEIVE A DIRECTLY CERTIFIED LETTER AND ONE OF MY CHILDREN IS NOT LISTED, WHAT SHOULD I DO?** At the bottom of the letter, add your child's name and resubmit it to the correct department.

**IF I HAVE MORE THAN ONE CHILD, HOW MANY APPLICATIONS DO I HAVE TO COMPLETE?** One application per household is to be completed. You do not need a separate application for each child.

**WHERE CAN I ACCESS THE APPLICATION?** You may apply online or visit your school's main office for a paper application. Online applications provide the fastest and most accurate submission and validation.

**DO I HAVE TO SHOW PROOF OF INCOME?** A percentage of all applications are audited for review. If your application is chosen, you must provide proof of income in the proper time frame, as requested.

## **WHY IS IT IMPORTANT TO COMPLETE THE FREE AND REDUCED APPLICATION?**

School funding is determined through this process. Those who qualify for free and reduced may also be eligible for other benefits, such as more affordable internet service through your local internet provider, such as Comcast's Internet Essentials Program ([apply.internetessentials.com/](http://apply.internetessentials.com/)).

## **WHO CAN I CONTACT IF I HAVE QUESTIONS ABOUT THE APPLICATION?**

Visit your School District website for more information or contact the Food Service office at your district.

# HOJA DE SUGERENCIA DE SOLICITUD DE COMIDAS GRATUITAS O CON PRECIO REDUCIDO



## ¿DEBO SER CIUDADANO DE LOS ESTADOS UNIDOS PARA CALIFICAR PARA UNA SOLICITUD?

No, puede postularse independientemente de si usted o su hijo es o no ciudadano de los Estados Unidos.

**¿DÓNDE PUEDO ENCONTRAR UNA SOLICITUD EN MI IDIOMA?** Visite el sitio del Departamento de Agricultura de los EE. UU. (United States Department of Agriculture, USDA) en <https://www.fns.usda.gov/school-meals/translated-applications> para ver si hay una solicitud disponible en su idioma.

**¿LA SOLICITUD PERMANECE IGUAL TODOS LOS AÑOS?** Las solicitudes cambian y se actualizan todos los años; por lo que se debe enviar una solicitud nueva.

**¿CUÁNDO DEBO COMPLETAR LA SOLICITUD?** Puede comenzar la solicitud en agosto. Sin embargo, **se aceptan solicitudes durante todo el año escolar. Póngase en contacto con su distrito escolar para obtener ayuda acerca de cómo completar una solicitud.**

**¿CADA UNA DE LAS FAMILIAS TIENE QUE ENVIAR UNA SOLICITUD?** Las familias que no califican automáticamente (certificados directamente) deben volver a solicitarlo cada año.

**¿CÓMO SÉ SI ESTOY CERTIFICADO DIRECTAMENTE (CALIFICO AUTOMÁTICAMENTE)?** Se le enviará una carta a su casa por correo. Asegúrese de que su dirección está actualizada en la oficina central de registros.

**SI RECIBO UNA CARTA DE CERTIFICACIÓN DIRECTA Y UNO DE MIS HIJOS NO ESTÁ EN LA LISTA, ¿QUÉ DEBO HACER?** Al final de la carta, agregue el nombre de su hijo y vuelva a enviarla al departamento correcto.

**SI TENGO MÁS DE UN HIJO, ¿CUÁNTAS SOLICITUDES DEBO COMPLETAR?** Se debe completar una solicitud por hogar. No es necesaria una solicitud separada por cada hijo.

**¿DÓNDE PUEDO ACCEDER A LA SOLICITUD?** Puede postularse en línea o visitar la oficina principal de su escuela para obtener una solicitud impresa. Las solicitudes en línea hacen que el envío y la validación sean más rápidos y precisos.

**¿DEBO DEMOSTRAR INGRESOS?** Se realiza una auditoría de un porcentaje de todas las solicitudes como revisión. Si su solicitud resulta elegida, debe proporcionar prueba de ingresos en el período de tiempo adecuado, según se solicite.

## ¿POR QUÉ ES IMPORTANTE COMPLETAR LA SOLICITUD PARA COMIDA GRATUITA O CON DESCUENTO?

La financiación escolar se determina a través de este proceso. Las personas que califican para una comida gratuita o a precio reducido también pueden ser elegibles para otros beneficios, como un servicio de Internet más rentable a través de su proveedor de Internet local, como los programas esenciales de Internet de Comcast ([apply.internetessentials.com/](http://apply.internetessentials.com/)).

**¿A QUIÉN PUEDO CONTACTAR SI TENGO PREGUNTAS ACERCA DE LA SOLICITUD?** Visite el sitio web de su distrito escolar para obtener más información o póngase en contacto con la oficina de servicios alimenticios de su distrito.