

# MAY

GRADES 8<sup>th</sup>



## MONTHLY SPECIALS



### PASTA BAR

- Choice of Pasta
- Grilled Chicken or Meatballs
- Marinara or Alfredo Sauce
- Dinner Roll and Choice of Vegetable

### EASTERN CUISINE

- Choice of Grilled Chicken or Breaded chicken
- Teriyaki Sauce or Orange Sauce
- Rice and Choice of Vegetable

## DAILY MEAL OPTIONS

### DAILY HOT LUNCH:

- Chicken or Spicy Chicken Patty on Bun
- Cheeseburger or Hamburger on Bun
- Grilled Cheese Sandwich
- Cheese Pizza or Pepperoni Pizza
- Pizza Crunchers
- Chicken Nuggets or Veggie Nuggets



### DAILY COLD LUNCH

- Muffin Yogurt Pack (V)
- Spring-Ford Salad (V)
- Daily Alternate Fruit & Vegetable
- Mini Bagged Carrots
- Sliced Apples



## IMPORTANT INFO

*Menus are subject to change.*

Breakfast includes fruit and milk. 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 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. Any questions you can contact Scott Orsini FSD at 610-705-6118 or sorsic@spring-ford.net

*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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>This month's LTO: Bruschetta Chicken Focaccia</b></p> <p>Enjoy fresh tomato bruschetta, diced chicken and mozzarella cheese on top of a fresh baked focaccia with herbed mayo.</p> 			<p>1 <b>B:</b> Frosted Strawberry Pop Tart</p> <p>• <b>Nacho/ Taco Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: French Fries Fruit: Strawberries</p>	
<p>4</p>	<p>5 <b>B:</b> Mini Cinni Rolls</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Carrots Fruit: Diced Pears</p>	<p>6 <b>B:</b> Powdered Donut</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Corn Fruit: Diced Peaches</p>	<p>7 <b>B:</b> Assorted Cereal</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Peas Fruit: Applesauce</p>	<p>8 <b>B:</b> Frosted Strawberry Pop Tart</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: French Fries Fruit: Strawberries</p>
<p>11 <b>B:</b> Bagel W/ Cream Cheese</p> <p>• <b>French Toast &amp; Sausage</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Hashbrowns Fruit: Mixed Fruit</p>	<p>12 <b>B:</b> Chocolate Chip Muffin</p> <p>• <b>Eastern Cuisine</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Carrots Fruit: Diced Pears</p>	<p>13 <b>B:</b> Cinnamon Sugar Donut</p> <p>• <b>LTO! Bruschetta Chicken Focaccia</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Corn Fruit: Diced Peaches</p>	<p>14 <b>B:</b> Assorted Cereal</p> <p>• <b>Eastern Cuisine</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Peas Fruit: Applesauce</p>	<p>15 <b>B:</b> Mixed Berry Scone</p> <p>• <b>Eastern Cuisine</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: French Fries Fruit: Strawberries</p>
<p>18 <b>B:</b> Bagel W/Cream Cheese</p> <p>• <b>Waffles &amp; Sausage</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Hashbrowns Fruit: Mixed Fruit</p>	<p>19 <b>NO SCHOOL!</b></p>	<p>20 <b>B:</b> Cinnamon Sugar Donut</p> <p>• <b>Nacho/ Taco Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Corn Fruit: Diced Peaches</p>	<p>21 <b>B:</b> Assorted Cereal</p> <p>• <b>Nacho/ Taco Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Peas Fruit: Applesauce</p>	<p>22 <b>B:</b> Chocolate Pop Tart</p> <p>• <b>Nacho/ Taco Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: French Fries Fruit: Strawberries</p>
<p>25 <b>NO SCHOOL!</b></p>	<p>26 <b>B:</b> Chocolate Chip Muffin</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Carrots Fruit: Diced Pears</p>	<p>27 <b>NO SCHOOL!</b></p>	<p>28 <b>B:</b> Assorted Cereal</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Peas Fruit: Diced Pears</p>	<p>29 <b>B:</b> Frosted Strawberry Pop Tart</p> <p>• <b>Pasta Bar</b></p> <p>• Daily Hot Lunch • Daily Cold Lunch</p> <p>Veg: Peas Fruit: Diced Pears</p>