

**SPRINGFIELD PUBLIC SCHOOLS
PRE-K BIC
NOVEMBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
10/31	11/1	11/2	11/3	11/4
Banana Chocolate Chip Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Doughnut Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/7	11/8	11/9	11/10	11/11
Spiced Apple Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	Blueberry Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL
11/14	11/15	11/16	11/17	11/18
Pumpkin Spice Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Danimals Yogurt with Giant Goldfish Crackers OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Sausage & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/21	11/22	11/23	11/24	11/25
Spiced Apple Pocket OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chef's Choice OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL
11/28	11/29	11/30	12/1	12/2
Assorted Cereal Giant Goldfish Cracker Applesauce Cup 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese Croissant OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES		Menu items are subject to change		

This institution is an equal opportunity provider.

Due to the risk of **choking**, certain foods are excluded from the Pre-K menu. These include:

- Hot Dogs, sausages, sausage links or similar processed food items
- Grapes, cherries, melon balls, kiwi fruit, cherry and grape tomatoes
- Specific berries- kiwi berries, raspberries, blackberries, goji berries
- Peanuts, nuts and seeds (for example, sunflower or pumpkin seeds)
 - Peanut butter and nut/seed butters
 - Dried fruit such as raisins or cranberries
- Shelf stable, dried and semi-dried meat, poultry, seafood snacks (such as beef jerky or summer sausage)
 - Popcorn