

**SPRINGFIELD PUBLIC SCHOOLS
ELEMENTARY BIC
OCTOBER 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
10/4	10/5	10/6	10/7	10/8
Spiced Apple Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese on Croissant OR Whole Wheat Bagel with Cream Cheese with Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Poppyseed Muffin OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pancakes with Spiced Apples OR Whole Wheat Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Sausage & Cheese on Maple Waffle Flatbread OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
10/11	10/12	10/13	10/14	10/15
NO SCHOOL	Breakfast Taco Bowl with Corn Tortilla OR Whole Wheat Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Carrot Cake Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt Parfait with Granola & Blueberries OR Whole Wheat Bagel with Cream Cheese with Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Canadian Bacon & Cheese on English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
10/18	10/19	10/20	10/21	10/22
Doughnut Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Sausage & Cheese on Maple Waffle Flatbread OR Whole Wheat Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pumpkin Spice Muffin OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast Sticks with Pork Sausage Links OR Whole Wheat Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese on Croissant OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
10/25	10/26	10/27	10/28	10/29
Blueberry Muffin OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Whole Wheat Bagel with Cream Cheese OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cranberry Orange Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt Parfait with Granola & Blueberries OR Whole Wheat Bagel with Cream Cheese with Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Canadian Bacon & Cheese on English Muffin 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		