

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
10/31	11/1	11/2	11/3	11/4
Chef's Choice Turkey & Cheese Sandwich Tater Tots Celery Sticks Chilled Pears	Taco Tuesday: Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese Turkey & Cheese Sandwich Roasted Peppers & Onions Black Bean Salad Chilled Pears	Chicken & Waffle with Syrup Turkey & Cheese Sandwich Sweet Potatoes Celery Sticks Chilled Pears	Mac & Cheese Turkey & Cheese Sandwich Roasted Garlic Kale Carrot Sticks Chilled Pears	Cheesy Pizza Dippers with Marinara Sauce Turkey & Cheese Sandwich Celery Sticks Carrot Sticks Chilled Pears
11/7	11/8	11/9	11/10	11/11
Chicken Patty Sandwich Turkey Ham & Cheese Sandwich Steamed Broccoli Carrot Sticks Chilled Applesauce	NO SCHOOL	Buffalo Chicken Nacho Turkey Ham & Cheese Sandwich Seasoned Black Bean Salad Zucchini Coins Chilled Applesauce	Steak & Cheese Pocket Turkey Ham & Cheese Sandwich Steamed Peas Carrot Sticks Chilled Applesauce	NO SCHOOL
11/14	11/15	11/16	11/17	11/18
Chicken Patty Sandwich with Cole Slaw Italian Sandwich Tater Tots Black Bean Salad Chilled Peaches	Chicken Broccoli Alfredo over Penne Pasta Italian Sandwich Cauliflower Florets Carrot Sticks Chilled Peaches	Sweet & Sour Chicken with Veggie Fried Rice Italian Sandwich Roasted Garlic Kale Carrot Sticks Chilled Peaches	Roast Turkey with Gravy, Stuffing, Cranberry Sauce & Dinner Roll Italian Sandwich Roasted Butternut Squash Cauliflower Florets Chilled Peaches	Buffalo Chicken Pizza or Cheese Pizza Italian Sandwich Steamed Broccoli Carrot Sticks Chilled Peaches
11/21	11/22	11/23	11/24	11/25
BBQ Cheeseburger Baked Beans Steamed Broccoli Chilled Applesauce	Roast Pork Nachos Steamed Corn Carrot Sticks Chilled Applesauce	NO SCHOOL	NO SCHOOL	NO SCHOOL
11/28	11/29	11/30	12/1	12/2
Cheesy Pizza Dippers with Marinara Sauce Turkey & Cheese Sandwich Steamed Carrots Steamed Green Beans Chilled Pears	Taco Tuesday: Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese Turkey & Cheese Sandwich Roasted Peppers & Onions Seasoned Black Beans Chilled Pears	Chicken & Waffle with Syrup Turkey & Cheese Sandwich Sweet Potatoes Celery Sticks Chilled Pears	Mac & Cheese Turkey & Cheese Sandwich Roasted Garlic Kale Carrot Sticks Chilled Pears	Chef's Choice Turkey & Cheese Sandwich Tater Tots Celery Sticks Chilled Pears
<b>AVAILABLE DAILY:</b> Cheese Sandwich, Assorted Fresh Fruit, 1% White or Fat Free White Milk				
<b>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</b>			<b>Menu items are subject to change</b>	

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