

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

Monday	Tuesday	Wednesday	Thursday	Friday
9/5	9/6	9/7	9/8	9/9
NO SCHOOL	NO SCHOOL	NO SCHOOL	Pork Bacon & Egg Pocket OR Local One Mighty Mill Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Sausage, Egg & Cheese on Maple Waffle Flatbread OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/12	9/13	9/14	9/15	9/16
Banana Chocolate Chip Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Breakfast Taco Bowl with Corn Tortilla OR Local One Mighty Mill Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Apple Cranberry Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Pocket OR Local One Mighty Mill Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Canadian Bacon, Egg & Cheese on English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/19	9/20	9/21	9/22	9/23
Pumpkin Spice Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Assorted Cereal OR Local One Mighty Mill Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Bagel with Cream Cheese OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Sausage & Egg Pocket OR Local One Mighty Mill 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
9/26	9/27	9/28	9/29	9/30
Blueberry Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Maple Waffle with Maple Syrup OR Local One Mighty Mill Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Spiced Apple Pocket OR Local One Mighty Mill Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Canadian Bacon, Egg & Cheese on French Toast 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.