

**SPRINGFIELD PUBLIC SCHOOLS
SECONDARY BIC
NOVEMBER 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
11/1	11/2	11/3	11/4	11/5
Spiced Apple Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	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 String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/8	11/9	11/10	11/11	11/12
Banana Chocolate Chip Muffin OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	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	NO SCHOOL	Canadian Bacon & Cheese on English Muffin OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/15	11/16	11/17	11/18	11/19
Doughnut Muffin OR Assorted Cereal Giant Goldfish Cracker 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	Pumpkin Spice Muffin OR Assorted Cereal Granola 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	Egg & Cheese on Croissant OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/22	11/23	11/24	11/25	11/26
Blueberry Muffin OR Assorted Cereal Local Granola 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
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	