

SPRINGFIELD PUBLIC SCHOOLS

Secondary BIC

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1/3	1/4	1/5	1/6	1/7
Spiced Apple Muffin OR Assorted Cereal Giant Goldfish Cracker Craisins 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	Lemon Poppyseed Muffin OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	Pork Sausage & Cheese on Maple Waffle Flatbread OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/10	1/11	1/12	1/13	1/14
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	Blueberry Yogurt with Granola 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
1/17	1/18	1/19	1/20	1/21
NO SCHOOL	Waffle & Pork Sausage OR Whole Wheat Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast Sticks with Pork Sausage 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
1/24	1/25	1/26	1/27	1/28
Gingersnap Muffin OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chef's Choice OR Whole Wheat Bagel with Cream Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pancakes with Spiced Apples OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Yogurt with Granola OR Whole Wheat Bagel with Cream Cheese 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	