

**SPRINGFIELD PUBLIC SCHOOLS
SECONDARY 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 String Cheese 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 String Cheese 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 String Cheese 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 String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES | | Menu items are subject to change | | |