

**SPRINGFIELD PUBLIC SCHOOLS
SECONDARY BIC
JANUARY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
1/2	1/3	1/4	1/5	1/6
NO SCHOOL	Assorted Cereal with Giant Goldfish Cracker Strawberry Cup 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal with Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL
1/9	1/10	1/11	1/12	1/13
Maple Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast with Maple Syrup OR Assorted Cereal with Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Cinnamon Raisin Bagel with Jelly OR Assorted Cereal with Giant Goldfish Crackers Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Southwest Turkey Ham & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/16	1/17	1/18	1/19	1/20
NO SCHOOL	Banana Chocolate Chip Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cherry Pocket OR Assorted Cereal with Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Apple Cranberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/23	1/24	1/25	1/26	1/27
Gingersnap Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Maple Waffle with Maple Syrup OR Assorted Cereal with Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Everything Bagel with Buttery Spread OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon, Potato, Egg & Cheese Pocket 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.