



**SPRINGFIELD PUBLIC SCHOOLS
BIC MENU
NOVEMBER 2020**



Monday	Tuesday	Wednesday	Thursday	Friday
11/2	11/3	11/4	11/5	11/6
Pumpkin Streusel Muffin Cheerios (Saturday) Cinnamon Toast Crunch (Sunday) 100% Juice 1% or Fat Free Milk	French Toast Sticks and Pork Sausage Links 100% Juice 1% or Fat Free Milk	Blueberry Muffin 100% Juice 1% or Fat Free Milk	Egg & Potato Scramble over Corn Tortilla Blueberry Fruit Cup 1% or Fat Free Milk	Pork Sausage & Cheese Waffle Flatbread Sandwich Fresh Cantaloupe Cup 1% or Fat Free Milk
11/9	11/10	11/11	11/12	11/13
Cranberry Orange Muffin Apple Cinnamon Cheerios (Saturday) Trix (Sunday) 100% Juice 1% or Fat Free Milk	Maple Waffles with Spiced Apples 1% or Fat Free Milk	Chef's Choice 100% Juice 1% or Fat Free Milk	Rice Pudding with Mixed Berries and Granola 1% or Fat Free Milk	Egg & Cheese Croissant Fresh Pineapple Cup 1% or Fat Free Milk
11/16	11/17	11/18	11/19	11/20
Corn Muffin Cheerios (Saturday) Cinnamon Toast Crunch (Sunday) 100% Juice 1% or Fat Free Milk	Maple Pancakes with Spiced Apples 1% or Fat Free Milk	Apple Spice Muffin 100% Juice 1% or Fat Free Milk	Yogurt Parfait with Granola and Blueberries 1% or Fat Free Milk	Canadian Bacon French Toast Sandwich Fresh Honeydew Cup 1% or Fat Free Milk
11/23	11/24	11/25	11/26	11/27
Pumpkin Streusel Muffin Apple Cinnamon Cheerios (Saturday) Trix (Sunday) 100% Juice 1% or Fat Free Milk	French Toast Sticks and Pork Sausage Links 100% Juice 1% or Fat Free Milk	Blueberry Muffin 100% Juice 1% or Fat Free Milk	Egg & Potato Scramble over Corn Tortilla 100% Juice 1% or Fat Free Milk	Cheerios Cereal 100% Juice 1% or Fat Free Milk
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES		Menu items are subject to change		