



**SPRINGFIELD PUBLIC SCHOOLS  
BIC MENU  
OCTOBER 2020**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
10/5	10/6	10/7	10/8	10/9
Corn Muffin  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
10/12	10/13	10/14	10/15	10/16
Blueberry Waffle  100% Juice 1% or Fat Free Milk	French Toast Sticks and Turkey 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	Sausage & Cheese Waffle Flatbread Sandwich  Fresh Cantaloupe Cup 1% or Fat Free Milk
10/19	10/20	10/21	10/22	10/23
Cranberry Orange Muffin  100% Juice 1% or Fat Free Milk	Maple Waffles with Spiced Apples  1% or Fat Free Milk	Banana Chocolate Chip Muffin  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
10/26	10/27	10/28	10/29	10/30
Corn Muffin  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
<b>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</b>		<b>Menu items are subject to change</b>		