

**SPRINGFIELD PUBLIC SCHOOLS
SECONDARY BIC
SEPTEMBER 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
8/30	8/31	9/1	9/2	9/3
Blueberry Muffin OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese Croissant 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 Assorted Cereal 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
9/6	9/7	9/8	9/9	9/10
NO SCHOOL	Pancakes with Spiced Apples OR Assorted Cereal with Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Poppysseed Muffin OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Breakfast Pizza OR Assorted Cereal 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
9/13	9/14	9/15	9/16	9/17
Spiced Apple Muffin OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	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 Assorted Cereal with Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Canadian Bacon, Egg & Cheese on English Muffin OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/20	9/21	9/22	9/23	9/24
Doughnut Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast Sticks with Pork Sausage Links OR Assorted Cereal 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	Whole Wheat Bagel with Cream Cheese OR Assorted Cereal 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
9/27	9/28	9/29	9/30	10/1
Cheddar Popper Corn Muffin OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Breakfast Taco Bowl with Corn Tortilla OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Banana Chocolate Chip Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt Parfait with Granola & Blueberries OR Assorted Cereal 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		