

Springfield Secondary Schools  
Week of August 30 – September 3

Monday	Tuesday	Wednesday	Thursday	Friday
Carne Molida with Sweet Plantains and Cheddar Corn Muffin & Fresh Fruit	Teriyaki Glazed Chicken with Sesame Ginger Rice, Glazed Pineapple & Firecracker Carrots	Crispy Chicken Bowl with a Dinner Roll & Fresh Fruit	Baked Ziti with Meatballs, Green Beans & Garlic Roll and Craisins	Deep Dish Cheese Pizza with Fresh Carrots & Fresh Fruit
Chicken Patty with Broccoli Florets & Fresh Fruit	Cheeseburger with Fresh Carrots & Chilled Mixed Fruit	Chicken Patty with Zucchini Coins & Fresh Fruit	Cheeseburger with Sliced Apples & Craisins	Chicken Patty with Fresh Carrots & Fresh Fruit
<b>Available Daily: Sunbutter &amp; Jelly Sandwich</b>				
<b>CHOICE OF CHOCOLATE or 1% WHITE</b>				
<i>Menu Items are Subject to Change</i>				

Week September 6 - 10

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	Shepherd's Pie with Dinner Roll, Blueberry Crisp & Pretzels	Chicken Nuggets with Dinner Roll, Fries & Baked Beans	Creamy Chicken Broccoli Alfredo with Fresh Fruit	Deep Dish Cheese Pizza with Apple Slices & Craisins
	Cheeseburger with Fresh Carrots & Chilled Pears	Chicken Patty with Zucchini Coins & Fresh Fruit	Cheeseburger with Broccoli Florets & Fresh Fruit	Chicken Patty with Apple Slices & Craisins
<b>Available Daily: Sunbutter &amp; Jelly Sandwich</b>				
<b>CHOICE OF CHOCOLATE or 1% WHITE</b>				
<i>Menu Items are Subject to Change</i>				

**Springfield Secondary Schools  
Week of September 13 - 17**

Monday	Tuesday	Wednesday	Thursday	Friday
Smokehouse Chili Fries with Peas & a Cheddar Corn Muffin & Fresh Fruit	Chef's Choice	Curried Chicken Flatbread with Spiced Potatoes & Glazed Fruit	Baked Mac & Cheese with Ritz Cracker Topping, Seasoned Peas & Applesauce	Deep Dish Cheese Pizza with Fresh Carrots & Chilled Applesauce
Chicken Patty with Broccoli Florets & Fresh Fruit	Cheeseburger with Zucchini Coins & Chilled Applesauce	Chicken Patty with Zucchini Coins & Fresh Fruit	Cheeseburger with Apple Slices & Craisins	Chicken Patty with Fresh Carrots & Chilled Applesauce
<b>Available Daily: Sunbutter &amp; Jelly Sandwich</b>				
<b>CHOICE OF CHOCOLATE or 1% WHITE</b>				
<i>Menu Items are Subject to Change</i>				

**Week of September 20 - 24**

Monday	Tuesday	Wednesday	Thursday	Friday
General Tso Chicken, with Veggie Fried Rice, Ginger Carrots & Cauliflower	Chicken with Gravy, Roasted Root Veg, Dinner Roll & Cranberry Sauce and Chilled Peaches	Loaded Baked Potato with Broccoli, Dinner Roll, Peach Crisp & Pretzels	Lazy Lasagna Mix Up and Craisins	Deep Dish Cheese Pizza with Fresh Carrots & Fresh Fruit
Chicken Patty with Fresh Carrots & Fresh Fruit	Cheeseburger with Zucchini Coins & Chilled Peaches	Chicken Patty with Broccoli Florets & Fresh Fruit	Cheeseburger with Apple Slices & Craisins	Chicken Patty with Fresh Carrots & Fresh Fruit
<b>Available Daily: Sunbutter &amp; Jelly Sandwich</b>				
<b>CHOICE OF CHOCOLATE or 1% WHITE</b>				
<i>Menu Items are Subject to Change</i>				

Springfield Secondary Schools  
 Week of September 27 – October 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Beef Hot Dog with Steak Fries &amp; BBQ Beans</b>	<b>Chicken Parm Sandwich with Cauliflower &amp; Mashed Butternut Squash</b>	<b>Sweet &amp; Sour Chicken with Veggie Fried Rice &amp; Green Beans &amp; Carrots</b>	<b>Baked Ziti with Meatballs, Green Beans &amp; Garlic Roll and Craisins</b>	<b>Deep Dish Cheese Pizza with Fresh Carrots &amp; Fresh Fruit</b>
<b>Chicken Patty with Broccoli Florets &amp; Fresh Fruit</b>	<b>Cheeseburger with Zucchini Coins &amp; Chilled Mixed Fruit</b>	<b>Chicken Patty with Cucumber Coins &amp; Fresh Fruit</b>	<b>Cheeseburger with Apple Slices &amp; Craisins</b>	<b>Chicken Patty with Fresh Carrots &amp; Fresh Fruit</b>
<b>Available Daily: Sunbutter &amp; Jelly</b>				
<b>CHOICE OF CHOCOLATE or 1% WHITE</b>				
<i>Menu Items are Subject to Change</i>				

**SPRINGFIELD PUBLIC SCHOOLS  
SECONDARY BIC  
SEPTEMBER 2021**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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	Waffle, Egg & Hash Brown Stacker 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	Chef's Choice  OR Assorted Cereal  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 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
<b>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</b>		<b>Menu items are subject to change</b>		