

**SPRINGFIELD PUBLIC SCHOOLS  
SECONDARY BIC  
NOVEMBER 2021**

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|---|--|--|---|--|
| 11/1  | 11/2   | 11/3   | 11/4  | 11/5   |
| Spiced Apple Muffin<br>OR<br>Assorted Cereal<br><br>Giant Goldfish Cracker<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk    | NO SCHOOL  | Lemon Poppyseed Muffin<br>OR<br>Assorted Cereal<br><br>Granola Bites<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk     | Pancakes with<br>Spiced Apples<br>OR<br>Whole Wheat Bagel with<br>Cream Cheese & Fresh<br>Whole Fruit<br><br>100% Juice<br>1% or Fat Free Milk                  | Pork Sausage & Cheese on<br>Maple Waffle Flatbread<br>OR<br>Assorted Cereal<br><br>String Cheese<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk |
| 11/8  | 11/9   | 11/10  | 11/11   | 11/12  |
| Banana Chocolate<br>Chip Muffin<br>OR<br>Assorted Cereal<br><br>Local Granola<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk | Breakfast Taco Bowl<br>with Corn Tortilla<br>OR<br>Whole Wheat Bagel with<br>Cream Cheese<br><br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk      | Carrot Cake Muffin<br>OR<br>Assorted Cereal<br><br>Lemon Blueberry Bites<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk | NO SCHOOL   | Canadian Bacon & Cheese<br>on English Muffin<br>OR<br>Assorted Cereal<br><br>String Cheese<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk       |
| 11/15   | 11/16  | 11/17  | 11/18   | 11/19  |
| Doughnut Muffin<br>OR<br>Assorted Cereal<br><br>Giant Goldfish Cracker<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk        | French Toast Sticks with<br>Pork Sausage Links<br>OR<br>Whole Wheat Bagel with<br>Cream Cheese<br><br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk | Pumpkin Spice Muffin<br>OR<br>Assorted Cereal<br><br>Granola Bites<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk       | Yogurt Parfait with<br>Granola & Blueberries<br>OR<br>Whole Wheat Bagel with<br>Cream Cheese with<br>Fresh Whole Fruit<br><br>100% Juice<br>1% or Fat Free Milk | Egg & Cheese on<br>Croissant<br>OR<br>Assorted Cereal<br><br>String Cheese<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk                       |
| 11/22   | 11/23  | 11/24  | 11/25   | 11/26  |
| Blueberry Muffin<br>OR<br>Assorted Cereal<br><br>Local Granola<br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk                | Chef's Choice<br>OR<br>Assorted Cereal<br><br>Fresh Whole Fruit<br>100% Juice<br>1% or Fat Free Milk   | NO SCHOOL  | NO SCHOOL   | NO SCHOOL  |
| <b>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</b>  |  |  | <b>Menu items are subject to change</b>   |  |

**Springfield Secondary Schools**  
**Week of November 1 - 5**

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|-----------|---|---|--|
| Smokehouse Chili Fries with Peas & a Cheddar Corn Muffin                           | NO SCHOOL | Chicken Nuggets with Dinner Roll, Fries & Baked Beans | Creamy Chicken Broccoli Alfredo with Zucchini Coins | Deep Dish Cheese Pizza with Grape Tomatoes & Carrot Sticks |
| Chicken Patty with Zucchini Coins & Carrot Sticks                                  |           | Chicken Patty with Grape Tomatoes & Zucchini Coins    | Cheeseburger with Zucchini Coins & Broccoli Florets | Chicken Patty with Grape Tomatoes & Carrot Sticks          |
| <b>Available Daily: Sunbutter &amp; Jelly, Chilled Pears, Assorted Fresh Fruit</b> |           |   |   |  |
| <b>CHOICE OF CHOCOLATE or 1% WHITE</b>   |           |   |   |  |
| <i>Menu Items are Subject to Change</i>  |           |   |   |  |

**Week of November 8 - 12**

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|-----------|--|
| Curried Chicken Flatbread with Spiced Potatoes & Glazed Fruit and Zucchini Coins         | Sweet & Sour Chicken with Veggie Fried Rice & Green Beans & Carrots | Baked Mac & Cheese with Ritz Cracker Topping, Seasoned Peas & Applesauce and Broccoli Florets | NO SCHOOL | Deep Dish Cheese Pizza with Grape Tomatoes & Carrot Sticks |
| Chicken Patty with Grape Tomatoes & Zucchini Coins                                       | Cheeseburger with Carrot Sticks & Broccoli Florets                  | Cheeseburger with Zucchini Coins & Broccoli Florets   |           | Chicken Patty with Grape Tomatoes & Carrot Sticks          |
| <b>Available Daily: Sunbutter &amp; Jelly, Chilled Mixed Fruit, Assorted Fresh Fruit</b> |   |   |           |  |
| <b>CHOICE OF CHOCOLATE or 1% WHITE</b>   |   |   |           |  |
| <i>Menu Items are Subject to Change</i>  |   |   |           |  |

**Springfield Secondary Schools  
Week of November 15 - 19**

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| General Tso Chicken, with Veggie Fried Rice, Ginger Carrots & Cauliflower            | Baked Ziti with Zucchini Coins                      | Loaded Baked Potato with Broccoli, Dinner Roll, Peach Crisp & Pretzels | Roasted Turkey, Roasted Root Veg, Stuffing & Cranberry Sauce and Carrot Sticks | Deep Dish Cheese Pizza with Grape Tomatoes & Carrot Sticks |
| Chicken Patty with Zucchini Coins & Carrot Sticks                                    | Cheeseburger with Zucchini Coins & Broccoli Florets | Chicken Patty with Grape Tomatoes & Zucchini Coins                     | Cheeseburger with Carrot Sticks & Broccoli Florets                             | Chicken Patty with Grape Tomatoes & Carrot Sticks          |
| <b>Available Daily: Sunbutter &amp; Jelly, Chilled Peaches, Assorted Fresh Fruit</b> |   |  |  |  |
| <b>CHOICE OF CHOCOLATE or 1% WHITE</b>   |   |  |  |  |
| <i>Menu Items are Subject to Change</i>  |   |  |  |  |

**Week of November 22 - 26**

| Monday  | Tuesday  | Wednesday | Thursday  | Friday    |
|---|--|-----------|-----------|-----------|
| Chef's Choice   | Chef's Choice                                      | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Chicken Patty with Zucchini Coins & Carrot Sticks                                       | Cheeseburger with Carrot Sticks & Broccoli Florets |           |           |           |
| <b>Available Daily: Sunbutter &amp; Jelly, Chilled Applesauce, Assorted Fresh Fruit</b> |  |           |           |           |
| <b>CHOICE OF CHOCOLATE or 1% WHITE</b>  |  |           |           |           |
| <i>Menu Items are Subject to Change</i>   |  |           |           |           |