

Springfield Middle Schools
Week of October 31 – November 4

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE	Shepherd's Pie with a Breadstick	Taco Tuesday Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese	Chicken & Waffle with Syrup	Mac & Cheese	Cheesy Pizza Dunkers with Marinara Sauce
PIZZA/ GRILL	Cheese Pizza Pepperoni Pizza	Hot Dog Curried Lentil Pocket with Yogurt Lime Sauce	Cheese Pizza Pepperoni Pizza	Spicy Chicken Patty Curried Lentil Pocket with Yogurt Lime Sauce	Cheese Pizza Pepperoni Pizza
FAST TAKES	Chef Salad with Breadstick Classic Hummus Bento Box Turkey & Cheese Sandwich on Kaiser Roll Sunbutter & Jelly Sandwich				
SIDES	Tater Tots Celery Sticks	Roasted Peppers & Onions Seasoned Black Bean Salad	Sweet Potatoes Celery Sticks	Roasted Garlic Kale Grape Tomatoes	Celery Sticks Grape Tomatoes
	<u>Available Daily:</u> Chilled Pears Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Springfield Middle Schools
Week of November 7 – 11

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE	Sweet & Sour Chicken with Veggie Fried Rice	NO SCHOOL	Buffalo Chicken Nachos	Chicken Nuggets with Potato Wedges and Dinner Roll	NO SCHOOL
PIZZA/ GRILL	Cheese Pizza Pepperoni Pizza		Cheese Pizza Pepperoni Pizza	Chicken Patty Steak & Cheese Pocket	
FAST TAKES	Buffalo Chicken Salad with Breadstick Garden Salad with Hummus and Breadstick Turkey Ham & Cheese Sandwich on Kaiser Roll Sunbutter & Jelly Sandwich				
SIDES	Steamed Broccoli Carrot Sticks		Steamed Peas Zucchini Coins	Seasoned Black Bean Salad Carrot Sticks	
	<u>Available Daily:</u> Chilled Mixed Fruit Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Springfield Middle Schools
Week of November 14 – 18

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE	Chicken Patty Sandwich with Cole Slaw	Chicken Broccoli Alfredo over Penne Pasta	Loaded Baked Potato with Cheese Sauce and Breadstick	Roast Turkey with Stuffing, Gravy, Cranberry Sauce & Dinner Roll	Meatball Sub with Shredded Cheese
PIZZA/ GRILL	Cheese Pizza Pepperoni Pizza	Hot Dog Curried Lentil Pocket with Yogurt Lime Sauce	Cheese Pizza Pepperoni Pizza		Cheese Pizza Pepperoni Pizza
FAST TAKES	Crispy Chicken Salad with Breadstick Classic Hummus Bento Box Italian Sandwich on Kaiser Roll Sunbutter & Jelly Sandwich				
SIDES	Tater Tots Seasoned Black Bean Salad	Cauliflower Florets Grape Tomatoes	Steamed Broccoli Cauliflower Florets	Roasted Butternut Squash Cauliflower Florets	Grape Tomatoes Roasted Garlic Kale
	<u>Available Daily:</u> Chilled Peaches Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Springfield Middle Schools
Week of November 21 – 25

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE	Breakfast for Lunch	Roast Pork Nachos	NO SCHOOL	NO SCHOOL	NO SCHOOL
PIZZA/ GRILL	Cheese Pizza Pepperoni Pizza	Steak & Cheese Pocket Cheeseburger			
FAST TAKES	Turkey Ham & Cheese Sandwich on Kaiser Roll Sunbutter & Jelly Sandwich				
SIDES	Black Bean Salad Steamed Broccoli	Steamed Corn Carrot Sticks			
	<u>Available Daily:</u> Chilled Applesauce Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Springfield Middle Schools
Week of November 28 – December 2

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE	Cheesy Pizza Dunkers with Marinara Sauce	Taco Tuesday Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese	Chicken & Waffles with Syrup	Mac & Cheese	Shepherd's Pie with a Breadstick
PIZZA/ GRILL	Cheese Pizza Pepperoni Pizza	Hot Dog Curried Lentil Pocket with Yogurt Lime Sauce	Cheese Pizza Pepperoni Pizza	Spicy Chicken Patty Curried Lentil Pocket with Yogurt Lime Sauce	Cheese Pizza Pepperoni Pizza
FAST TAKES	Chef Salad with Breadstick Classic Hummus Bento Box Turkey & Cheese Sandwich on Kaiser Roll Sunbutter & Jelly Sandwich				
SIDES	Steamed Carrots Steamed Green Beans	Roasted Peppers & Onions Seasoned Black Bean Salad	Sweet Potatoes Celery Sticks	Roasted Garlic Kale Grape Tomatoes	Celery Sticks Tater Tots
	<u>Available Daily:</u> Chilled Pears Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

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**SPRINGFIELD PUBLIC SCHOOLS
SECONDARY BIC
NOVEMBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
10/31	11/1	11/2	11/3	11/4
Banana Chocolate Chip Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Cinnamon Raisin Bagel with Jelly OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Doughnut Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/7	11/8	11/9	11/10	11/11
Spiced Apple Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	Blueberry Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL
11/14	11/15	11/16	11/17	11/18
Pumpkin Spice Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Danimals Yogurt with Granola OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Everything Bagel with Buttery Spread OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Sausage & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/21	11/22	11/23	11/24	11/25
Spiced Apple Pocket 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	NO SCHOOL	NO SCHOOL	NO SCHOOL
11/28	11/29	11/30	12/1	12/2
Assorted Cereal Giant Goldfish Cracker Applesauce Cup 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Cinnamon Raisin Bagel with Jelly OR Assorted Cereal Granola Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon & Egg Pocket OR Assorted Cereal 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
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES		Menu items are subject to change		

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