#### SPRINGFIELD PUBLIC SCHOOLS SECONDARY BIC OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
10/2	10/3	10/4	10/5	10/6
Pumpkin Spice Muffin	Local Everything Bagel	Banana Chocolate	Chorizo, Potato	Sausage & Cheese Maple
Tumpkii opice Mariii	with Cream Cheese	Chip Muffin	& Cheese Pocket	Waffle Flatbread
	or Jelly			
OR	OR	OR	OR	OR
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
71550ftcd Corour	122000000000000000000000000000000000000			
Cinnamon Goldfish	Local Granola	String Cheese	Vanilla Goldfish	Lemon Blueberry Bites
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
10/9	10/10	10/11	10/12	10/13
10/7	Danimals Yogurt	French Toast Sticks	Cherry Pocket	Egg & Cheese
	Duning 1 gast	with Syrup		English Muffin
NO SCHOOL	OR	OR T	OR	OR
140 Belloob	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
	Local Granola	Lemon Blueberry Bites	String Cheese	Vanilla Goldfish
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	100% Juice	100% Juice	100% Juice	100% Juice
	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
10/16	10/17	10/18	10/19	10/20
Doughnut Muffin	Local Everything Bagel	Cranberry Orange	Pizza Bagel with	Bacon, Potato, Egg &
	with Cream Cheese	Muffin	Home Fries	Cheese Pocket
	or Jelly		-20-	- A-1
OR	OR	OR	OR	OR
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
		95		77 71 6 116 1
Cinnamon Goldfish	Local Granola	String Cheese	Lemon Blueberry Bites	Vanilla Goldfish
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice 1% or Fat Free Milk
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% of Fat Free Milk
10/23	10/24	10/25	10/26	
Blueberry Muffin	Danimals Yogurt	Pancakes with Maple	Spiced Apple Pocket	Egg & Cheese Croissan
		Sausage & Syrup	OB	OR
OR	OR	OR	OR	Assorted Cereal
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	ASSUITED CELEGI
a	T 10 1	I amon Dhyshamy Ditas	String Cheese	Vanilla Goldfish
Cinnamon Goldfish	Local Granola	Lemon Blueberry Bites Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Fresh Whole Fruit	Fresh Whole Fruit	100% Juice	100% Juice	100% Juice
100% Juice	100% Juice	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
1% or Fat Free Milk	1% or Fat Free Milk			
PLEASE INFORM YOU	R SERVER OF ANY FOOD A	ALLERGIES	Menu items are subject	or to change

# Springfield Modified Middle Schools Week of October 2 – 6

	Week of October 2							
STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday			
ENTRÉE	Smokehouse Chili with Corn Muffin	Chicken Bowl with Local Mashed Potatoes, Corn & Dinner Roll	Buffalo Chicken Meatball Sub	Mac & Cheese	Classic Beef Nachos			
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza			
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza			
	Chef Salad with Roll							
FACT		Hum	mus Bento Box with	Roll				
FAST TAKES		Turkey	/ Ham & Cheese on	Kaiser				
		Sun	butter & Jelly Sand	wich				
SIDES	Steamed Green Beans	Steamed Corn	Mashed Sweet Potatoes	Steamed Broccoli	Black Bean Salad			
	Cauliflower Florets	Cauliflower Florets	Cauliflower Florets	Carrot Sticks	Carrot Sticks			
			Available Daily:					
			Assorted Fresh Frui					
	Fat Free Chocolate, 1% White or Fat Free White Milk							

# Week of October 9 – 13

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday			
ENTRÉE	NO SCHOOL	Shepherd's Pie with Roll	Pernil al Horno (Roast Pork) with Seasoned Rice	Creamy Penne Alfredo	Meatball Sub			
		Chicken Patty	Cheese Pizza	Cheeseburger	Cheese Pizza			
PIZZA/ GRILL		Sloppy Joe Calzone	Pepperoni Pizza	Sloppy Joe Calzone	Pepperoni Pizza			
	Crispy Chicken Salad with Roll							
	Garden Salad with Roll							
FAST TAKES	Turkey & Cheese on Kaiser							
TARES	Sunbutter & Jelly Sandwich							
SIDES		Local Mashed Potatoes	Habichuelas	Steamed Broccoli	Steamed Green Beans			
		Grape Tomatoes	Zucchini Coins	Grape Tomatoes	Grape Tomatoes			
		, IL	Available Daily:					
	Assorted Fresh Fruit							
		Fat Free Choco	late, 1% White or Fa	t Free White Milk				

# Springfield Modified Middle Schools Week of October 16 – 20

	4400K 01 0000001 100						
STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday		
ENTRÉE	Teriyaki Chicken over Fried Rice	Breakfast for Lunch with Chicken Sausage	Chicken Drumstick with Dinner Roll	Seasoned Rice & Fresh Pico de Gallo			
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza		
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza		
	Buffalo Chicken Salad with Roll						
	Hummus Bento Box with Roll						
FAST TAKES	Italian on Kaiser						
TARES	Sunbutter & Jelly Sandwich						
SIDES	Steamed Carrots	Tater Tots	Local Mashed Potatoes	Steamed Cauliflower	Steamed Broccoli		
	Zucchini Coins	Carrot Sticks	Zucchini Coins	Black Bean Salad	Carrot Sticks		
		II.	Available Daily:				
			Assorted Fresh Fru	it			
	Fat Free Chocolate, 1% White or Fat Free White Milk						
	Tact recondents; 170 thins						

# Week of October 23 – 27

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday		
ENTRÉE	Tomato Soup with Grilled Cheese	Chicken Nuggets with BBQ Sauce & Dinner Roll	Loaded Baked Potato with Nacho Beef, Cheese Sauce & Roll	Spaghetti with Beef Meatballs	Jerk Chicken Sandwich		
	Cheese Pizza	Cheeseburger	Cheese Pizza	Chicken Patty	Cheese Pizza		
PIZZA/ GRILL	Pepperoni Pizza	Sloppy Joe Calzone	Pepperoni Pizza	Sloppy Joe Calzone	Pepperoni Pizza		
	Chicken Caesar Salad with Roll						
	Garden Salad with Roll						
FAST			key & Cheese on Ka				
TAKES			•				
		Sur	butter & Jelly Sand	wich			
SIDES	Baked Beans	French Fries	Steamed Broccoli	Local Roasted Root Vegetables	Steamed Carrots		
	Grape Tomatoes	Grape Tomatoes	Zucchini Coins	Zucchini Coins	Zucchini Coins		
	Available Daily:						
			Assorted Fresh Fru	it			
		Fat Free Choco	late, 1% White or Fa	t Free White Milk			

# Springfield Modified Middle Schools Week of October 30 – November 3

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday		
ENTRÉE	Smokehouse Chili with Corn Muffin	Chicken Bowl with Local Mashed Potatoes, Corn & Dinner Roll	Buffalo Chicken Meatball Sub	Mac & Cheese	Classic Beef Nachos		
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza		
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza		
	Chef Salad with Roll						
FAST		Hum	mus Bento Box with	Roll			
TAKES		Turkey	/ Ham & Cheese on	Kaiser			
		Sun	butter & Jelly Sandy	wich			
SIDES	Steamed Green Beans	Steamed Corn	Mashed Sweet Potatoes	Steamed Broccoli	Black Bean Salad		
	Cauliflower Florets	Cauliflower Florets	Cauliflower Florets	Carrot Sticks	Carrot Sticks		
	Available Daily:						
			Assorted Fresh Frui				
		Fat Free Chocol	ate, 1% White or Fa	Free White Milk			

### Week of November 6 – 10

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday			
ENTRÉE	Sweet & Sour Chicken with Fried Rice	Corn Dog with French Fries	Pernil al Horno (Roast Pork) with Seasoned Rice	Creamy Penne Alfredo	NO SCHOOL			
	Cheese Pizza	Cheeseburger	Cheese Pizza	Chicken Patty				
PIZZA/ GRILL	Pepperoni Pizza	Sloppy Joe Calzone	Pepperoni Pizza	Sloppy Joe Calzone				
	Crispy Chicken Salad with Roll							
FAST	Garden Salad with Roll							
TAKES		Tur	key & Cheese on Ka	iser				
		Sun	butter & Jelly Sand	wich				
SIDES	Steamed Peas	French Fries	Habichuelas	Steamed Broccoli				
	Grape Tomatoes	Grape Tomatoes	Zucchini Coins	Grape Tomatoes				
			Available Daily:	,				
			Assorted Fresh Frui	it				
		Fat Free Choco	late, 1% White or Fa	t Free White Milk				

# Springfield Modified Middle Schools Week of November 27 – December 3

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday					
ENTRÉE	Smokehouse Chili with Corn Muffin	Chicken Bowl with Local Mashed Potatoes, Corn & Dinner Roll	Buffalo Chicken Meatball Sub	Mac & Cheese	Classic Beef Nachos					
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza					
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza					
	Chef Salad with Roll									
FACT		Hum	mus Bento Box with	Roll						
FAST TAKES	,	Turkey	/ Ham & Cheese on	Kaiser						
			butter & Jelly Sandv							
SIDES	French Fries	Steamed Corn	Mashed Sweet Potatoes	Steamed Broccoli	Black Bean Salad					
	Steamed Cauliflower	Cauliflower Florets	Cauliflower Florets	Carrot Sticks	Carrot Sticks					
	Available Daily:									
			Assorted Fresh Frui							
		Fat Free Chocol	ate, 1% White or Fa	t Free White Milk	Fat Free Chocolate, 1% White or Fat Free White Milk					

#### SPRINGFIELD PUBLIC SCHOOLS SECONDARY BIC NOVEMBER 2023

OR Assorted Cereal  Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/6  Blueberry Muffin	Tuesday  10/31  Local Everything Bagel with Cream Cheese or Jelly OR Assorted Cereal  Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	11/1 Banana Chocolate Chip Muffin  OR Assorted Cereal  String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/8 French Toast Sticks with Syrup OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	Thursday  11/2 Chorizo, Potato & Cheese Pocket  OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk  11/9 Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	Sausage & Cheese Maple Waffle Flatbread  OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/10  NO SCHOOL
OR Assorted Cereal  Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/6  Blueberry Muffin  OR Assorted Cereal  Cinnamon Goldfish	Local Everything Bagel with Cream Cheese or Jelly OR Assorted Cereal  Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	Banana Chocolate Chip Muffin  OR Assorted Cereal  String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/8  French Toast Sticks with Syrup OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	Chorizo, Potato & Cheese Pocket  OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk  11/9  Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	Sausage & Cheese Maple Waffle Flatbread  OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/10
OR Assorted Cereal  Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/6  Blueberry Muffin  OR Assorted Cereal  Cinnamon Goldfish	with Cream Cheese or Jelly OR Assorted Cereal  Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	Chip Muffin  OR Assorted Cereal  String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/8  French Toast Sticks with Syrup OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	& Cheese Pocket  OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/9  Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	Waffle Flatbread  OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk  11/10
Assorted Cereal  Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/6  Blueberry Muffin  OR Assorted Cereal  Cinnamon Goldfish	Assorted Cereal  Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	Assorted Cereal  String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk  11/8  French Toast Sticks with Syrup OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/9  Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/10
Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/6 Blueberry Muffin  OR Assorted Cereal Cinnamon Goldfish	Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/8 French Toast Sticks with Syrup OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/9 Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/10
Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/6 Blueberry Muffin OR Assorted Cereal Cinnamon Goldfish	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/8 French Toast Sticks with Syrup OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/9 Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk 11/10
11/6 Blueberry Muffin OR Assorted Cereal Cinnamon Goldfish	11/7 Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	11/8 French Toast Sticks with Syrup OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	11/9 Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	11/10
Blueberry Muffin  OR  Assorted Cereal  Cinnamon Goldfish	Breakfast Breaks: Assorted Cereal, Cracker & Juice  Strawberry Cup 1% or Fat Free Milk	French Toast Sticks with Syrup OR Assorted Cereal  Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	Egg & Cheese English Muffin OR Assorted Cereal  Vanilla Goldfish Fresh Whole Fruit	
OR Assorted Cereal Cinnamon Goldfish	Assorted Cereal, Cracker & Juice Strawberry Cup 1% or Fat Free Milk	with Syrup OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice	English Muffin OR Assorted Cereal Vanilla Goldfish Fresh Whole Fruit	NO SCHOOL
	1% or Fat Free Milk	Fresh Whole Fruit 100% Juice	Fresh Whole Fruit	
100% Juice 1% or Fat Free Milk	4 4 16 1	1% or Fat Free Milk	100% Juice 1% or Fat Free Milk	
11/13	11/14	11/15	11/16	11/17
Doughnut Muffin	Danimals Yogurt	Cranberry Orange Muffin	Pizza Bagel with Home Fries	Bacon, Potato, Egg & Cheese Pocket
OR Assorted Cereal	OR Assorted Cereal	OR Assorted Cereal	OR Assorted Cereal	OR Assorted Cereal
Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
11/20	11/21	11/22	11/23	11/24
OR	Local Bagel with Cream Cheese or Jelly (Chef's Choice) OR	Assorted Cereal	NO SCHOOL	NO SCHOOL
Assorted Cereal	Assorted Cereal			
Cinnamon Goldfish Fresh Whole Fruit 100% Juice	Local Granola Fresh Whole Fruit 100% Juice	Cinnamon Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk		
1% or Fat Free Milk	1% or Fat Free Milk 11/28	11/29	11/30	12/1
11/27 Breakfast Breaks:	Local Everything Bagel	Banana Chocolate	Chorizo, Potato	Sausage & Cheese Maple
Assorted Cereal, Cracker & Juice	with Cream Cheese or Jelly	Chip Muffin	& Cheese Pocket	Waffle Flatbread
	OR Assorted Cereal	OR Assorted Cereal	OR Assorted Cereal	OR Assorted Cereal
Strawberry Cup 1% or Fat Free Milk	Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Vanilla Goldfish Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
PLEASE INFORM YOUR S			Menu items are subject	et to change

#### **SPRINGFIELD PUBLIC SCHOOLS SECONDARY BIC NOVEMBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday			
10/30	10/31	11/1	11/2	11/3			
Spiced Apple Muffin	Local Everything Bagel	Banana Chocolate	Chorizo, Potato	Sausage & Cheese Maple			
	with Cream Cheese	Chip Muffin	& Cheese Pocket	Waffle Flatbread			
	or Jelly	•					
OR	OR	OR	OR	OR			
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal			
Cinnamon Goldfish	Local Granola	String Cheese	Vanilla Goldfish	Lemon Blueberry Bites			
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice			
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk			
11/6	11/7	11/8	11/9	11/10			
Blueberry Muffin	Breakfast Breaks:	French Toast Sticks	Egg & Cheese				
	Assorted Cereal, Cracker	with Syrup	English Muffin				
OR	& Juice	OR	OR	NO SCHOOL			
Assorted Cereal		Assorted Cereal	Assorted Cereal				
		T DI I D'	77 31 6 116 1				
Cinnamon Goldfish		Lemon Blueberry Bites	Vanilla Goldfish				
Fresh Whole Fruit	Strawberry Cup	Fresh Whole Fruit	Fresh Whole Fruit 100% Juice				
100% Juice	1% or Fat Free Milk	100% Juice	1% or Fat Free Milk				
1% or Fat Free Milk		1% or Fat Free Milk 11/15	11/16	11/17			
11/13	11/14		Pizza Bagel with	Bacon, Potato, Egg &			
Doughnut Muffin	Danimals Yogurt	Cranberry Orange Muffin	Home Fries	Cheese Pocket			
OR	OR	OR	OR	OR			
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal			
Assured Cercar	Assorted Cerear	Assorted Cerear	rissorioù Coroni	Tibbortou Coroni			
Cinnamon Goldfish	Local Granola	String Cheese	Lemon Blueberry Bites	Vanilla Goldfish			
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice			
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk			
11/20	11/21	11/22	11/23	11/24			
Pumpkin Spice Muffin	Local Bagel with Cream	Assorted Cereal					
	Cheese or Jelly						
	(Chef's Choice)		NO SCHOOL	NO SCHOOL			
OR	OR						
Assorted Cereal	Assorted Cereal						
Cinnamon Goldfish	Local Granola	Cinnamon Goldfish					
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit					
100% Juice	100% Juice	100% Juice					
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	11100	10/1			
11/27	11/28	11/29	11/30	12/1			
Breakfast Breaks:	Local Everything Bagel	Banana Chocolate	Chorizo, Potato	Sausage & Cheese Maple			
Assorted Cereal, Cracker	with Cream Cheese	Chip Muffin	& Cheese Pocket	Waffle Flatbread			
& Juice	or Jelly	O.D.	OP	OR			
	OR	OR	OR Assorted Cereal	Assorted Cereal			
	Assorted Cereal	Assorted Cereal	Assorted Cereat	Assorted Cerear			
	Local Casasta	String Chasses	Vanilla Goldfish	Lemon Blueberry Bites			
Strawberry Cup	Local Granola	String Cheese Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
1% or Fat Free Milk	Fresh Whole Fruit 100% Juice	100% Juice	100% Juice	100% Juice			
,			1% or Fat Free Milk	1% or Fat Free Milk			
7,001 100 1100 1100 1100 1100 1100 1100							
DI EACE INCODE VOUS	CEDVED OF ANY FOCE A	LLEBOIES	Menu items are subjec	t to change			

# Springfield Modified Middle Schools Week of October 30 – November 3

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday		
ENTRÉE	Smokehouse Chili with Corn Muffin	Chicken Bowl with Local Mashed Potatoes, Corn & Dinner Roll	Buffalo Chicken Meatball Sub	Mac & Cheese	Classic Beef Nachos		
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza		
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza		
	Chef Salad with Roll						
FAST		Hum	mus Bento Box with	Roll			
TAKES		Turkey	/ Ham & Cheese on	Kaiser			
		Sun	butter & Jelly Sandy	wich			
SIDES	Steamed Green Beans	Steamed Corn	Mashed Sweet Potatoes	Steamed Broccoli	Black Bean Salad		
	Cauliflower Florets	Cauliflower Florets	Cauliflower Florets	Carrot Sticks	Carrot Sticks		
			Available Daily:				
			Assorted Fresh Frui				
	Fat Free Chocolate, 1% White or Fat Free White Milk						

### Week of November.6 – 10

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday			
ENTRÉE	Sweet & Sour Chicken with Fried Rice	Corn Dog with French Fries	Pernil al Horno (Roast Pork) with Seasoned Rice	Creamy Penne Alfredo	NO SCHOOL			
D1774/	Cheese Pizza	Cheeseburger	Cheese Pizza	Chicken Patty				
PIZZA/ GRILL	Pepperoni Pizza	Sloppy Joe Calzone	Pepperoni Pizza	Sloppy Joe Calzone				
	Crispy Chicken Salad with Roll							
FACT		G	arden Salad with Ro	oll				
FAST TAKES		Tur	key & Cheese on Ka	iser				
		Sun	butter & Jelly Sand	wich				
SIDES	Steamed Peas	French Fries	Habichuelas	Steamed Broccoli				
	Grape Tomatoes	Grape Tomatoes	Zucchini Coins	Grape Tomatoes				
	1	4.	Available Daily:	The state of the s				
	127		Assorted Fresh Frui	t				
	Fat Free Chocolate, 1% White or Fat Free White Milk							

# Springfield Modified Middle Schools Week of November 13 – 17

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday	
ENTRÉE	Teriyaki Chicken over Fried Rice	Breakfast for Lunch with Chicken Sausage	Taco Salad with Seasoned Rice & Fresh Pico de Gallo	Roast Turkey with Gravy, Stuffing, Cranberry Sauce & Dinner Roll	Pork Bahn Mi with Sriracha Mayo & Spicy Slaw	
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza	
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	
	Buffalo Chicken Salad with Roll					
FAST TAKES	Hummus Bento Box with Roll					
	Italian on Kaiser					
	Sunbutter & Jelly Sandwich					
SIDES	Steamed Carrots	Tater Tots	Steamed Cauliflower	Local Mashed Potatoes	Steamed Broccoli	
	Zucchini Coins	Carrot Sticks	Black Bean Salad	Zucchini Coins	Carrot Sticks	
	Available Daily:					
	Assorted Fresh Fruit					
	Fat Free Chocolate, 1% White or Fat Free White Milk					

# Week of November 20 – 24

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE	Tomato Soup with Grilled Cheese	Chicken Nuggets with BBQ Sauce & Dinner Roll	Bagged Lunch	NO SCHOOL	NO SCHOOL
PIZZA	Cheese Pizza Pepperoni Pizza				
FAST TAKES	Garden Salad with Roll Sunbutter & Jelly Sandwich			v	
SIDES	Baked Beans Grape Tomatoes	French Fries Grape Tomatoes			
	Available Daily: Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

# Springfield Modified Middle Schools Week of November 27 – December 3

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday	
ENTRÉE	Smokehouse Chili with Corn Muffin	Chicken Bowl with Local Mashed Potatoes, Corn & Dinner Roll	Buffalo Chicken Meatball Sub	Mac & Cheese	Classic Beef Nachos	
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza	
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	
	Chef Salad with Roll					
FAST	Hummus Bento Box with Roll					
TAKES	Turkey Ham & Cheese on Kaiser					
	Sunbutter & Jelly Sandwich					
SIDES	French Fries	Steamed Corn	Mashed Sweet Potatoes	Steamed Broccoli	Black Bean Salad	
	Steamed Cauliflower	Cauliflower Florets	Cauliflower Florets	Carrot Sticks	Carrot Sticks	
	Available Daily:					
	Assorted Fresh Fruit					
	Fat Free Chocolate, 1% White or Fat Free White Milk					

# Springfield Modified Middle Schools Week of November 27 – December 3

STATION NAMES	Monday	Tuesday	Wednesday	Thursday	Friday	
ENTRÉE	Smokehouse Chili with Corn Muffin	Chicken Bowl with Local Mashed Potatoes, Corn & Dinner Roll	Buffalo Chicken Meatball Sub	Mac & Cheese	Classic Beef Nachos	
	Cheese Pizza	Corn Dog	Cheese Pizza	Spicy Chicken Patty	Cheese Pizza	
PIZZA/ GRILL	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	Pepperoni Calzone	Pepperoni Pizza	
	Chef Salad with Roll					
FAST	Hummus Bento Box with Roll					
TAKES	Turkey Ham & Cheese on Kaiser					
	Sunbutter & Jelly Sandwich					
SIDES	French Fries	Steamed Corn	Mashed Sweet Potatoes	Steamed Broccoli	Black Bean Salad	
	Steamed Cauliflower	Cauliflower Florets	Cauliflower Florets	Carrot Sticks	Carrot Sticks	
	Available Daily:					
	Assorted Fresh Fruit					
	Fat Free Chocolate, 1% White or Fat Free White Milk					