

SPRINGFIELD PUBLIC SCHOOLS

**PRE-PLATE LUNCH
SEPTEMBER 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
8/26	8/27	8/28	8/29	8/30
Cheeseburger with Baked Beans & Tater Tots Turkey & Cheese Sandwich with Carrot Sticks & Celery Sticks	Chicken Nugget with Steamed Corn and Carrots served with Dinner Roll Chicken Caesar Salad with Roll, Carrot Sticks & Corn Salsa	Black Bean Hummus and Cheese Sauce with Nacho Chips with Celery Sticks and Carrot Sticks Turkey & Cheese Sandwich with Bean Salad & Celery Sticks	Spaghetti with Beef Meatballs, Steamed Broccoli & Corn Chicken Caesar Salad with Roll, Broccoli Florets & Celery Sticks	Cheese Pizza with Steamed Carrots & Green Beans Turkey & Cheese Sandwich with Carrot Sticks & Celery Sticks
9/2	9/3	9/4	9/5	9/6
NO SCHOOL	Spanish Beef, Rice with Green Beans and Cauliflower Turkey Ham & Cheese Sandwich w/Broccoli and Corn Salsa	Cheddar Chicken Bowl with Mashed Potatoes and Steamed Corn Turkey Ham & Cheese Sandwich w/Broccoli and Corn Salsa	Mac & Cheese with Broccoli and Carrots Chef Salad with Roll, Celery Stick & Carrot Stick	Cheese Pizza with Steamed Carrots and Broccoli Turkey Ham & Cheese Sandwich with Bean Salad & Carrot Stick
9/9	9/10	9/11	9/12	9/13
Chicken Patty Sandwich with Steamed Carrots and Mixed Veggies Turkey & Cheese Sandwich with Carrot Sticks & Celery Sticks	Sloppy Joe Sandwich with Cauliflower and Green Beans Crispy Chicken Salad with Roll, Celery & Grape Tomatoes	Chicken Nuggets with Potato Wedges, Baked Beans and a Roll Turkey & Cheese Sandwich with Bean Salad & Celery Sticks	Beef & Potato Empanada Cauliflower & Green Beans Crispy Chicken Salad with Roll, Celery & Grape Tomatoes	Cheese Pizza with Steamed Carrots & Green Beans Turkey & Cheese Sandwich with Carrot Sticks & Celery Sticks
9/16	9/17	9/18	9/19	9/20
Pepperoni Calzone with Steamed Corn, Green Beans & Sauce Turkey Ham & Cheese Sandwich w/Bean Salad & Carrot Sticks	Chicken Alfredo with Steamed Broccoli & Carrots Buffalo Chicken Salad with Roll, Carrot Sticks & Corn Salsa	Sazon Roasted Turkey w/ Seasoned Rice and CNC Habichuelas Turkey Ham & Cheese Sandwich w/Broccoli and Corn Salsa	Pancakes, Sausage, Tater Tots, and Syrup Buffalo Chicken Salad with Roll, Carrot Sticks & Corn Salsa	Cheese Pizza with Steamed Carrots and Broccoli Turkey Ham & Cheese Sandwich w/Bean Salad & Carrot Sticks
9/23	9/24	9/25	9/26	9/27
Cheeseburger with Baked Beans & Tater Tots Turkey & Cheese Sandwich with Carrot Sticks & Celery Sticks	Chicken Nugget with Steamed Corn and Carrots served with Dinner Roll Chicken Caesar Salad with Roll, Carrot Sticks & Corn Salsa	Black Bean Hummus and Cheese Sauce with Nacho Chips with Celery Sticks and Carrot Sticks Turkey & Cheese Sandwich with Bean Salad & Celery Sticks	Spaghetti with Beef Meatballs, Steamed Broccoli & Corn Chicken Caesar Salad with Roll, Broccoli Florets & Celery Sticks	Cheese Pizza with Steamed Carrots & Green Beans Turkey & Cheese Sandwich with Carrot Sticks & Celery Sticks

Sunbutter & Jelly Sandwich OR Cheese Sandwich
Assorted Fresh Fruit
1% White, Fat Free Flavored or Fat Free White Milk

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9/30	10/1	10/2	10/3	10/4
Corn Dog with Steamed Carrots and Baked Beans	Beef & Potato Empanada Cauliflower & Green Beans	Cheddar Chicken Bowl with Mashed Potatoes and Steamed Corn	Sloppy Joe Sandwich with Cauliflower and Green Beans	Cheese Pizza with Steamed Carrots and Broccoli
Turkey Ham & Cheese Sandwich w/Bean Salad & Carrot Stick	Chef Salad with Roll, Bean Salad & Carrot Stick	Turkey Ham & Cheese Sandwich w/Broccoli and Corn Salsa	Chef Salad with Roll, Bean Salad & Carrot Stick	Turkey Ham & Cheese Sandwich w/Bean Salad & Carrot Stick
Offered Daily: Sunbutter & Jelly Sandwich OR Cheese Sandwich Assorted Fresh Fruit 1% White, Fat Free Flavored or Fat Free White Milk				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES		Menu items are subject to change		

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**SPRINGFIELD PUBLIC SCHOOLS
COLD BIC
SEPTEMBER 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
8/26	8/27	8/28	8/29	8/30
Blueberry Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Nutri-Grain Bar OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Danimals Yogurt OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	OMM Everything Bagel w/ Cream Cheese or Jelly OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/2	9/3	9/4	9/5	9/6
NO SCHOOL	OMM Everything Bagel w/ Cream Cheese or Jelly OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chocolate Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cherry Pocket OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/9	9/10	9/11	9/12	9/13
Spiced Apple Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Danimals Yogurt OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Nutri-Grain Bar OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	OMM Everything Bagel w/ Cream Cheese or Jelly OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/16	9/17	9/18	9/19	9/20
Doughnut Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Nutri-Grain Bar OR Assorted Cereal String Cheese 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	Danimals Yogurt OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
9/23	9/24	9/25	9/26	9/27
Blueberry Muffin OR Assorted Cereal	Nutri-Grain Bar OR Assorted Cereal	Banana Chocolate Chip Muffin OR Assorted Cereal	Spiced Apple Pocket OR Assorted Cereal	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal

Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
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9/30	10/1	10/2	10/3	10/4
Pumpkin Spice Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	OMM Everything Bagel w/ Cream Cheese or Jelly OR Assorted Cereal String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chocolate Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cherry Pocket OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal Giant Goldfish Cracker 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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