|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |
| Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | GF English Muffin with Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice |
| 9/1 | 9/2 | 9/3 | 9/4 | 9/5 |
| **NO**  **SCHOOL** | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | GF English Muffin with Jelly or Sunbutter  Fresh Fruit  100% Juice |
| 9/8 | 9/9 | 9/10 | 9/11 | 9/12 |
| GF English Muffin with Jelly or Sunbutter  Fresh Fruit  100% Juice | **NO**  **SCHOOL** | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice |
| 9/15 | 9/16 | 9/17 | 9/18 | 9/19 |
| Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | GF English Muffin with Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice |
| 9/22 | 9/23 | 9/24 | 9/25 | 9/26 |
| Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | GF English Muffin with Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice |
| 9/29 | 9/30 | 10/1 | 10/2 | 10/3 |
| Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | Assorted Cereal with  Rice Cakes and Jelly or Sunbutter  Fresh Fruit  100% Juice | GF English Muffin with Jelly or Sunbutter  Fresh Fruit  100% Juice |
| 1% AND FAT FREE FLAVORED MILK, SOY MILK OR RICE MILK OFFERED DAILY  **These meals are free from Milk/Dairy, Egg, Soy, Wheat, Sesame, Fish, Shellfish, Peanuts & Tree Nuts** | | | | |
| **PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES** | | | **Menu items are subject to change** | |

##### SPRINGFIELD PUBLIC SCHOOLS

##### ALLERGY FREE BREAKFAST

**SEPTEMBER 2025**