##### SPRINGFIELD PUBLIC SCHOOLS

##### GLUTEN FREE BIC

**SEPTEMBER**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |
| GF Blueberry Muffin  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Rice cakes with Sunbutter and Jelly  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Bagel w/Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Yogurt **AND**  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF English Muffin  with Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/1 | 9/2 | 9/3 | 9/4 | 9/5 |
| **NO**  **SCHOOL** | Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Blueberry Muffin  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Rice cakes with Sunbutter and Jelly  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Bagel w/Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/8 | 9/9 | 9/10 | 9/11 | 9/12 |
| GF Blueberry Muffin  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | **NO**  **SCHOOL** | Yogurt **AND**  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Rice cakes with Sunbutter and Jelly  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/15 | 9/16 | 9/17 | 9/18 | 9/19 |
| GF Bagel with Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF English Muffin  with Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Blueberry Muffin  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Rice cakes with Sunbutter and Jelly  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/22 | 9/23 | 9/24 | 9/25 | 9/26 |
| GF Blueberry Muffin  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Rice cakes with Sunbutter and Jelly  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Bagel w/Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Yogurt **AND**  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF English Muffin  with Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/29 | 9/30 | 10/1 | 10/2 | 10/3 |
| GF English Muffin  with Jelly or Butter  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Blueberry Muffin  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Rice cakes with Sunbutter and Jelly  OR  Assorted GF Cereal  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | GF Bagel w/Jelly or Butter  OR  Assorted GF 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**  This institution is an equal opportunity provider. | | | | |