|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |
| Assorted Cereal with Giant Goldfish Cracker  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | **Raspberry Roll**  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Maple Muffin  OR  Assorted Cereal  Local Granola  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Yogurt & Granola  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Egg & Cheese  English Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/1 | 9/2 | 9/3 | 9/4 | 9/5 |
| **NO SCHOOL** | Spiced Apple Pocket  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | French Toast w/Syrup  OR  Assorted Cereal  Local Granola  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Spiced Apple Muffin  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Ham & Cheese Croissant  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/8 | 9/9 | 9/10 | 9/11 | 9/12 |
| Pumpkin Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | **NO SCHOOL** | Yogurt & Granola  OR  Assorted Cereal  Local Granola  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Chorizo, Potato  & Cheese Pocket  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Egg & Cheese  English Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/15 | 9/16 | 9/17 | 9/18 | 9/19 |
| Doughnut Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | OMM Everything Bagel w/ CC or Jelly  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Pancakes with Caramel Apples  OR  Assorted Cereal  Local Granola  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Blueberry Muffin  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Maple Flatbread Breakfast Sandwich  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/22 | 9/23 | 9/24 | 9/25 | 9/26 |
| Spiced Apple Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | **Raspberry Roll**  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Maple Muffin  OR  Assorted Cereal  Local Granola  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Yogurt & Granola  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Egg & Cheese  English Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |
| 9/29 | 9/30 | 10/1 | 10/2 | 10/3 |
| Blueberry Muffin  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Spiced Apple Pocket  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | French Toast w/Syrup  OR  Assorted Cereal  Local Granola  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Chocolate Muffin  OR  Assorted Cereal  Cheese Stick  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk | Ham & Cheese Croissant  OR  Assorted Cereal  Giant Goldfish Cracker  Fresh Whole Fruit  100% Juice  1% or Fat Free Milk |

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##### SPRINGFIELD PUBLIC SCHOOLS

##### SECONDARY BIC

**SEPTEMBER 2025**