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| **Monday** SPRINGFIELD PUBLIC SCHOOLS **VEGETARIAN LUNCH**  **SEPTEMBER 2025** | **Tuesday** | **Wednesday** | | **Thursday** | **Friday** |
| 8/25 | 8/26 | 8/27 | | 8/28 | 8/29 |
| Cheese Calzone with Pizza Sauce  OR  Hummus Bento Box  with Roll  Vegetarian Baked Beans Celery Sticks | Grilled Cheese & Tomato Soup OR  Hummus Bento Box  with Roll  Steamed Broccoli  Grape Tomatoes | Seasoned Rice and Beans  OR  Grilled Cheese  OR  Hummus Bento Box  Seasoned Green Beans  Carrot Sticks | | Cheddar Bowl w/Mashed Potatoes, Corn & Roll  OR  Hummus Bento Box with Roll  CNC Mashed Potatoes  Chilled Corn | Veggie Pizza or  Cheese Pizza  OR  Hummus Bento Box  with Roll  Side Caesar Salad  Carrot Sticks |
| 9/1 | 9/2 | 9/3 | | 9/4 | 9/5 |
| **NO**  **SCHOOL** | Cheese Calzone with Pizza Sauce  OR  Hummus Bento Box  with Roll  Sweet Potato Fries  Grape Tomatoes | Bean & Cheese Nachos  OR  Hummus Bento Box  with Roll  Black Bean Salad  Chilled Corn | | Breakfast for Lunch w/ Pancake, Syrup, Sunbutter  OR  Hummus Bento Box  with Roll  Tater Tots  Celery Sticks | Veggie Pizza or  Cheese Pizza  OR  Hummus Bento Box  with Roll  Roasted Broccoli  Carrot Sticks |
| 9/8 | 9/9 | 9/10 | | 9/11 | 9/12 |
| Cheese Calzone with Pizza Sauce  OR  Hummus Bento Box  with Roll  French Fries  Celery Sticks | **NO**  **SCHOOL** | Mac & Cheese  OR  Hummus Bento Box  with Roll  Roasted Broccoli  Grape Tomatoes | | Cilantro Lime Rice & Stewed Black Beans  OR  Hummus Bento Box  with Roll  Stewed Black Beans  Carrot Sticks | Veggie Pizza or  Cheese Pizza  OR  Hummus Bento Box  with Roll  Roasted Local Root Veg  Celery Sticks |
| 9/15 | 9/16 | 9/17 | | 9/18 | 9/19 |
| Grilled Cheese  OR  Hummus Bento Box  with Roll  CNC Baked Beans  Celery Sticks | Vegetarian Taco Salad  OR  Grilled Cheese  OR  Hummus Bento Box  Black Bean Salad  Cucumber Salad | Spaghetti, Marinara, and Mozzarella Cheese  OR  Hummus Bento Box  with Roll  Steamed Broccoli  Carrot Sticks | | Breakfast for Lunch w/ Waffle, Syrup, Sunbutter  OR  Hummus Bento Box  with Roll  Mashed Sweet Potatoes  Chilled Corn | Veggie Pizza or  Cheese Pizza  OR  Hummus Bento Box  with Roll  Sweet Potato Fries  Cucumber Salad |
| 9/22 | 9/23 | 9/24 | | 9/25 | 9/26 |
| Cheese Calzone with Pizza Sauce  OR  Hummus Bento Box  with Roll  Vegetarian Baked Beans  Celery Sticks | Plant-based Bolognese  OR  Hummus Bento Box  with Roll  Steamed Broccoli  Grape Tomatoes | Grilled Cheese  OR  Seasoned Rice and Beans  OR  Hummus Bento Box  Seasoned Green Beans  Carrot Sticks | | Cheddar Bowl w/Mashed Potatoes, Corn & Roll  OR  Hummus Bento Box with Roll  CNC Mashed Potatoes  Chilled Corn | Veggie Pizza or  Cheese Pizza  OR  Hummus Bento Box  with Roll  Side Caesar Salad  Carrot Sticks |
| 9/29 | 9/30 | 10/1 | | 10/2 | 10/3 |
| Cheese Calzone with Pizza Sauce  OR  Hummus Bento Box  with Roll  Sweet Potato Fries  Grape Tomatoes | Bean & Cheese Nachos  OR  Hummus Bento Box  with Roll  Black Bean Salad  Chilled Corn | Breakfast for Lunch w/ Pancake, Syrup, Sunbutter  OR  Hummus Bento Box  with Roll  Tater Tots  Celery Sticks | | Seasoned Rice & Beans  OR  Grilled Cheese  OR  Hummus Bento Box  Stewed Black Beans  Chilled Corn | Veggie Pizza or  Cheese Pizza  OR  Hummus Bento Box  with Roll  CNC Mashed Butternut  Broccoli Florets |
| **PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES** | | | **Menu items are subject to change** | | |

This institution is an equal opportunity provider.