SPRINGFIELD PUBLIC SCHOOLS ALLERGY-FREE PRE-PLATE LUNCH OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
10/6	10/7	10/8	10/9	10/10
AF BBQ Chicken with Rice, Corn & Green Beans	AF Chicken Fajitas with Baked Beans & Corn	GF Pasta & Meat Sauce with Carrots and Broccoli	AF Ground Beef Nachoes with Seasoned Black Beans & Baby Carrots	AF BBQ Pulled Chicken Sandwich, Green Beans and Home Fries
10/13	10/14	10/15	10/16	10/17
NO SCHOOL	AF BBQ Chicken with Rice, Corn & Green Beans	GF Pasta & Meat Sauce with Carrots and Broccoli	AF Ground Beef Nachoes with Seasoned Black Beans & Baby Carrots	AF Chicken Fajitas with Baked Beans & Corn
10/20	10/21	10/22	10/23	10/24
Chicken Salad Sandwich with Chilled Corn & Celery	GF Pasta & Meat Sauce with Carrots and Broccoli	AF Chicken Fajitas with Baked Beans & Corn	½ Day Bagged lunches	AF Ground Beef Nachoes with Seasoned Black Beans & Baby Carrots
10/27	10/28	10/29	10/30	10/31
GF Pasta & Meat Sauce with Carrots and Broccoli	AF Ground Beef Nachoes with Seasoned Black Beans & Baby Carrots	AF Chicken Fajitas with Baked Beans & Corn	AF BBQ Chicken with Rice, Corn & Green Beans	Chicken Salad Sandwich with Chilled Corn & Celery

This institution is an equal opportunity provider.

SPRINGFIELD PUBLIC SCHOOLS PRE-PLATE VEGETARIAN LUNCH OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
10/6	10/7	10/8	10/9	10/10
Cheese Calzone with	Black Bean Burger with	Mac & Cheese,	Stewed Beans with	Cheese Pizza with
Pizza Dipping Sauce and	Carrots & Corn	Broccoli, Carrots	Rice, Corn & Green	Carrots and Broccoli
Baked Beans & Carrots	OR	OR	Beans	OR
OR	Hummus Bento Box	Hummus Bento Box	OR	Hummus Bento Box with
Hummus Bento Box	with Roll	with Roll	Hummus Bento Box	Roll
with Roll			with Roll	
10/13	10/14	10/15	10/16	10/17
	Cheese Nachos with	Penne Alfredo with	Loaded Baked Potato,	Cheese Pizza
NO	Fiesta Corn & Carrots	Steamed Broccoli &	Cheese sauce, Broccoli	with Steamed Carrots
SCHOOL	OR	Carrots	and a Roll	& Green Beans
	Garden Salad with	OR	OR	OR
	Broccoli, Carrots &	Garden Salad with	Garden Salad with	Garden Salad with
	Dinner Roll	Corn, Celery & Dinner	Broccoli, Carrots &	Corn, Celery & Dinner
		Roll	Dinner Roll	Roll
10/20	10/21	10/22	10/23	10/24
Cheese Calzone with		Stewed Beans with Rice,	½ Day Bagged lunches	Cheese Pizza with
Pizza Dipping Sauce and	Bolognese, Broccoli,	Corn & Green Beans		Steamed Carrots and
Baked Beans & Carrots	Carrots	OR		Broccoli
OR	OR	Hummus Bento Box		OR
Hummus Bento Box	Hummus Bento Box	with Roll		Hummus Bento Box
with Roll	with Roll			with Roll
10/27	10/28	10/29	10/30	10/31
Penne Alfredo with	Cheese Nachos with		Stewed Beans with Rice,	
Steamed Broccoli &	Fiesta Corn & Carrots	Tater Tots, Carrots and		with Steamed Carrots
Carrots	OR	Syrup	OR	& Green Beans
OR	Garden Salad with	OR	Garden Salad with	OR
Garden Salad with	Corn, Celery & Dinner	Garden Salad with	Corn, Celery & Dinner	Garden Salad with
Broccoli, Carrots &	Roll	Broccoli, Carrots &	Roll	Broccoli, Carrots &
Dinner Roll		Dinner Roll		Dinner Roll

SPRINGFIELD PUBLIC SCHOOLS PRE-PLATE LUNCH OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
10/6	10/7	10/8	10/9	10/10
Sloppy Joe Sandwich,	Chicken Nuggets with	Mac & Cheese,	Pollo Guisado, Cilantro	Cheese Pizza with
Steamed Cauliflower,	Potato Wedges, Baked	Broccoli, Carrots	Lime Rice, Green beans,	Steamed Carrots and
Green Beans	Beans and a Roll	OR	Corn	Broccoli
OR	OR	Turkey Ham & Cheese	OR	OR
Turkey Ham & Cheese	Crispy Chicken Salad	Sandwich with Bean	Crispy Chicken Salad	Turkey Ham & Cheese
Sandwich with Bean	with Roll, Celery &	Salad & Carrot Stick	with Roll, Celery &	Sandwich with Bean
Salad & Carrot Stick	Grape Tomatoes		Grape Tomatoes	Salad & Carrot Stick
10/13	10/14	10/15	10/16	10/17
	Chicken Patty Sandwich	Spaghetti & Meat sauce,	Loaded Baked Potato,	Cheese Pizza
NO	with Baked Beans and	Broccoli, Corn	Cheese sauce, Broccoli	with Steamed Carrots
SCHOOL	Green Beans	OR	and a Roll	& Green Beans
SCHOOL	OR	Turkey & Cheese,	OR	OR
	Chef Salad with Roll,	Broccoli, Corn Salsa	Chef Salad with Roll,	Turkey & Cheese,
	Celery & Carrot Sticks		Celery & Carrot Sticks	Broccoli, Corn Salsa
10/20	10/21	10/22	10/23	10/24
Chicken Nuggets with	Spaghetti & Plant-based	Smokehouse Chili &		Cheese Pizza with
Potato Wedges, Baked	Bolognese, Broccoli,	Corn Muffin, Carrots,	½ Day	Steamed Carrots and
Beans and a Roll	Carrots	Celery		Broccoli
OR	OR	OR	Bagged lunches	OR
Turkey Ham & Cheese	Chicken Caesar Salad	Turkey Ham & Cheese		Turkey Ham & Cheese
Sandwich with Bean	with Roll, Carrot Sticks	Sandwich with Bean		Sandwich with Bean
Salad & Carrot Stick	& Corn Salsa	Salad & Carrot Stick		Salad & Carrot Stick
10/27	10/28	10/29	10/30	10/31
Penne Alfredo with	Classic Beef Nachos,	Pancakes, Sausage,	Sazon Turkey, Seasoned	Cheese Pizza
Steamed Broccoli &	Carrot & Celery Sticks	Tater Tots, Carrots and	Rice & Beans	with Steamed Carrots
Carrots	OR	Syrup	OR	& Green Beans
OR	Buffalo Chicken Salad	OR	Buffalo Chicken Salad	OR
Turkey & Cheese,	with Roll, Celery Sticks,	Turkey & Cheese,	with Roll, Celery	Turkey & Cheese,
Broccoli, Corn Salsa	Broccoli	Broccoli, Corn Salsa	Sticks, Broccoli	Broccoli, Corn Salsa