

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

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PRE-PLATE LUNCH
OCTOBER 2025**

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