

**Springfield Satellite Schools
Week of January 2 – 6**

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	Cheesy Dunkers with Marinara Sauce	Chicken Nuggets	Cheeseburger	Chef's Choice
Chicken Caesar Salad with Dinner Roll Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
	Steamed Broccoli	Tater Tots	Celery Sticks	Celery Sticks
	Baked Beans	Steamed Carrots	Grape Tomatoes	Steamed Carrots
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Week of January 9 – 13

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog (schools to place in bun)	Taco Tuesday Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese	Breakfast for Lunch: Pancakes, Sausage, Strawberry Compote	Mac & Cheese (Heated separately and mixed at the school)	NO SCHOOL
Chef Salad with Dinner Roll Turkey & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
Steamed Broccoli	Steamed Green Beans	Tater Tots	Steamed Corn	
Seasoned Black Bean Salad	Grape Tomatoes	Celery Sticks	Grape Tomatoes	
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Springfield Satellite Schools
Week of January 16 – 20

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	Buffalo Chicken Nachos	Loaded Tater Tots with Cheese Sauce & Dinner Roll	Tomato Soup with Grilled Cheese	Pepperoni Pizza OR Cheese Pizza
Crispy Chicken Salad with Dinner Roll Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
	Baked Beans Carrot Sticks	Steamed Broccoli Zucchini Coins	Steamed Green Beans Carrot Sticks Goldfish Crackers	Steamed Corn Carrot Sticks
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Week of January 23 – 27

Monday	Tuesday	Wednesday	Thursday	Friday
Bean & Cheese Nachos	Steak & Cheese Pocket	Chicken Nuggets	Chicken Alfredo over Penne Pasta	Pepperoni Pizza OR Cheese Pizza
Buffalo Chicken Salad with Corn Muffin Italian Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
Grape Tomatoes Tater Tots	Cauliflower Florets Roasted Root Vegetables	Potato Wedges Seasoned Black Bean Salad	Grape Tomatoes Steamed Broccoli	Grape Tomatoes Steamed Green Beans
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

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Springfield Satellite Schools
Week of January 30 – February 3

Monday	Tuesday	Wednesday	Thursday	Friday
Corn Dog	Classic Beef Nachos	Crispy Chicken Bowl	Loaded Tater Tots with Cheese Sauce and Dinner Roll	Pepperoni Pizza OR Cheese Pizza
Chicken Caesar Salad with Dinner Roll Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
Baked Beans	Steamed Green Beans	Steamed Carrots	Steamed Broccoli	Steamed Corn
Carrot Sticks	Carrot Sticks	Broccoli Florets	Zucchini Coins	Zucchini Coins
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Week of February 6 – 10

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog (schools to place in bun)	Taco Tuesday Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese	Chicken Nuggets	Mac & Cheese (Heated separately and mixed at the school)	Pepperoni Pizza OR Cheese Pizza
Chef Salad with Dinner Roll Turkey & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
Steamed Broccoli	Steamed Green Beans	Tater Tots	Steamed Carrots	Local Butternut Squash
Seasoned Black Bean Salad	Grape Tomatoes	Grape Tomatoes	Celery Sticks	Celery Sticks
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

**SPRINGFIELD PUBLIC SCHOOLS
PRE-K LUNCH
JANUARY 2023**

P-K

Monday	Tuesday	Wednesday	Thursday	Friday
1/2	1/3	1/4	1/5	1/6
NO SCHOOL	Cheesy Dunkers with Marinara Sauce Turkey Ham & Cheese Sandwich Steamed Broccoli Baked Beans	Chicken Nuggets Turkey Ham & Cheese Sandwich Tater Tots Steamed Carrots	Cheeseburger Turkey Ham & Cheese Sandwich Celery Sticks Carrot Sticks	Chef's Choice Turkey Ham & Cheese Sandwich Celery Sticks Steamed Carrots
1/9	1/10	1/11	1/12	1/13
Chef's Choice Turkey & Cheese Sandwich Steamed Broccoli Seasoned Black Beans	Taco Tuesday: Ground Beef, Local Corn Tortilla, Salsa, Lettuce, Cheese Turkey & Cheese Sandwich Steamed Green Beans Carrot Sticks	Breakfast for Lunch: Pancakes, Sausage, Strawberry Compote & Fresh Banana Turkey & Cheese Sandwich Tater Tots Celery Sticks	Mac & Cheese Turkey & Cheese Sandwich Steamed Corn Carrot Sticks	NO SCHOOL
1/16	1/17	1/18	1/19	1/20
NO SCHOOL	Buffalo Chicken Nachos Turkey Ham & Cheese Sandwich Baked Beans Carrot Sticks	Loaded Tater Tots with Cheese Sauce & Roll Turkey Ham & Cheese Sandwich Steamed Broccoli Zucchini Coins	Tomato Soup with Grilled Cheese Turkey Ham & Cheese Sandwich Steamed Green Beans Carrot Sticks	Pepperoni Pizza or Cheese Pizza Turkey Ham & Cheese Sandwich Steamed Corn Carrot Sticks
1/23	1/24	1/25	1/26	1/27
Bean & Cheese Nachos Italian Sandwich Carrot Sticks Tater Tots	Steak & Cheese Pocket Italian Sandwich Roasted Root Vegetables Cauliflower Florets	Chicken Nuggets Italian Sandwich Seasoned Black Beans Potato Wedges	Chicken Alfredo over Penne Pasta Italian Sandwich Steamed Broccoli Carrot Sticks	Pepperoni Pizza or Cheese Pizza Italian Sandwich Steamed Green Beans Carrot Sticks
AVAILABLE DAILY: Cheese Sandwich Assorted Fresh Fruit 1% White or Fat Free White Milk				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	

This institution is an equal opportunity provider.

Due to the risk of **choking**, certain foods are excluded from the Pre-K menu. These include:

- Hot Dogs, sausages, sausage links or similar processed food items
- Grapes, cherries, melon balls, kiwi fruit, cherry and grape tomatoes
- Specific berries- kiwi berries, raspberries, blackberries, goji berries
- Peanuts, nuts and seeds (for example, sunflower or pumpkin seeds)
 - Peanut butter and nut/seed butters
 - Dried fruit such as raisins or cranberries
- Shelf stable, dried and semi-dried meat, poultry, seafood snacks (such as beef jerky or summer sausage)
 - Popcorn

**SPRINGFIELD PUBLIC SCHOOLS
ELEMENTARY BIC
JANUARY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
1/2	1/3	1/4	1/5	1/6
NO SCHOOL	Assorted Cereal with Giant Goldfish Cracker Strawberry Cup 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chef's Choice OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/9	1/10	1/11	1/12	1/13
Maple Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Cinnamon Raisin Bagel with Jelly OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Southwest Turkey Ham Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/16	1/17	1/18	1/19	1/20
NO SCHOOL	Banana Chocolate Chip Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cherry Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Apple Cranberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/23	1/24	1/25	1/26	1/27
Gingersnap Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Maple Waffle with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Cinnamon Raisin Bagel with Jelly OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon, Potato, Egg & Cheese Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
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**SPRINGFIELD PUBLIC SCHOOLS
PRE-K BIC
JANUARY 2023**

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NO SCHOOL	Assorted Cereal with Giant Goldfish Cracker Strawberry Cup 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chef's Choice OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/9	1/10	1/11	1/12	1/13
Maple Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Lemon Blueberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Southwest Turkey Ham Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/16	1/17	1/18	1/19	1/20
NO SCHOOL	Banana Chocolate Chip Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chef's Choice OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Apple Cranberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
1/23	1/24	1/25	1/26	1/27
Gingersnap Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Maple Waffle with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon, Potato, Egg & Cheese Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
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