

SPRINGFIELD PUBLIC SCHOOLS

PRE-K BIC

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
5/1	5/2	5/3	5/4	5/5
Assorted Cereal with Giant Goldfish Cracker	Maple Waffle with Maple Syrup OR Assorted Cereal	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal with Lemon Blueberry Bites	Assorted Cereal	Ham & Cheese Croissant OR Assorted Cereal
Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
5/8	5/9	5/10	5/11	5/12
Doughnut Muffin OR Assorted Cereal with Giant Goldfish Cracker	Assorted Cereal	Danimals Yogurt with Giant Goldfish Cracker OR Assorted Cereal	NO SCHOOL	Egg & Cheese English Muffin OR Assorted Cereal
Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk		Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
5/15	5/16	5/17	5/18	5/19
Lemon Poppyseed Muffin OR Assorted Cereal with Giant Goldfish Cracker	Pancakes with Maple Syrup OR Assorted Cereal	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal	Assorted Cereal with Lemon Blueberry Bites	Sausage & Cheese English Muffin OR Assorted Cereal
Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
5/22	5/23	5/24	5/25	5/26
Banana Chocolate Chip Muffin OR Assorted Cereal with Giant Goldfish Cracker	Croissant with Jelly or Buttery Spread OR Assorted Cereal	Orange Creamsicle Muffin OR Assorted Cereal with Lemon Blueberry Bites	Assorted Cereal	Egg & Cheese English Muffin OR Assorted Cereal
Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
5/29	5/30	5/31	6/1	6/2
NO SCHOOL	Maple Waffle with Maple Syrup OR Assorted Cereal	Local One Mighty Mill Bagel with Jelly OR Assorted Cereal with Lemon Blueberry Bites	Assorted Cereal	Ham & Cheese Croissant OR Assorted Cereal
	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Fresh Whole Fruit 100% Juice 1% or Fat Free 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 (Sausage patties are not restricted)
 - Fish or meat with bones
- Grapes, cherries, melon balls, cherry and grape tomatoes, kiwi berries, raspberries, blackberries and goji berries
 - Peanuts, nuts, seeds (for example, sunflower or pumpkin seeds) and Peanut butter and nut/seed butters
 - Dried fruit such as raisins or cranberries (Dried fruits allowed when baked into items such as muffins)
 - Shelf stable, dried, and semi-dried meat, poultry, seafood snacks (such as beef jerky)
 - Popcorn

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

Monday	Tuesday	Wednesday	Thursday	Friday
5/1	5/2	5/3	5/4	5/5
Meatball Sub	Bean & Cheese Nachos	Chicken Nuggets	Chicken Alfredo over Penne Pasta	Pepperoni Pizza or Cheese Pizza
Italian Sandwich	Italian Sandwich	Italian Sandwich	Italian Sandwich	Italian Sandwich
Carrot Sticks Tater Tots	Cauliflower Florets Roasted Root Vegetables	Potato Wedges Seasoned Black Beans	Carrot Sticks Steamed Broccoli	Carrot Sticks Steamed Green Beans
5/8	5/9	5/10	5/11	5/12
Chef's Choice	Classic Beef Nachos	Crispy Chicken Bowl	NO SCHOOL	Pepperoni Pizza or Cheese Pizza
Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich		Turkey Ham & Cheese Sandwich
Baked Beans Carrot Sticks	Steamed Green Beans Carrot Sticks	Steamed Carrots Broccoli Florets		Steamed Corn Zucchini Coins
5/15	5/16	5/17	5/18	5/19
Tomato Soup with Grilled Cheese	Taco Tuesday: Ground Beef, Local Corn Tortilla, Salsa, Lettuce, Cheese	Breakfast for Lunch: Pancakes, Sausage	Chef's Choice	Pepperoni Pizza or Cheese Pizza
Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Turkey & Cheese Sandwich
Steamed Broccoli Carrot Sticks Cheddar Goldfish	Steamed Green Beans Carrot Sticks	Tater Tots Celery Sticks	Steamed Peas Seasoned Black Beans	Steamed Carrots Celery Sticks
5/22	5/23	5/24	5/25	5/26
Chicken Patty Sandwich	Buffalo Chicken Nachos	Spaghetti & Meatballs	Loaded Tater Tots with Cheese Sauce and Roll	Pepperoni Pizza or Cheese Pizza
Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich
Baked Beans Carrot Sticks	Steamed Carrots Zucchini Coins	Steamed Green Beans Zucchini Coins	Steamed Broccoli Carrot Sticks	Steamed Corn Broccoli Florets
5/29	5/30	5/31	6/1	6/2
NO SCHOOL	Cheesy Dunkers with Marinara Sauce	Chicken Nuggets	Chicken Alfredo over Penne Pasta	Pepperoni Pizza or Cheese Pizza
	Italian Sandwich	Italian Sandwich	Italian Sandwich	Italian Sandwich
	Cauliflower Florets Steamed Green Beans	Potato Wedges Seasoned Black Beans	Carrot Sticks Steamed Broccoli	Carrot Sticks Roasted Root Vegetables
AVAILABLE DAILY: Cheese Sandwich, Assorted Fresh Fruit, 1% White or Fat Free White Milk				
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- Hot Dogs, sausages, sausage links or similar processed food items (Sausage patties are not restricted)
 - Fish or meat with bones
- Grapes, cherries, melon balls, cherry and grape tomatoes, kiwi berries, raspberries, blackberries and goji berries
 - Peanuts, nuts, seeds (for example, sunflower or pumpkin seeds) and Peanut butter and nut/seed butters
 - Dried fruit such as raisins or cranberries (Dried fruits allowed when baked into items such as muffins)
 - Shelf stable, dried, and semi-dried meat, poultry, seafood snacks (such as beef jerky)
 - Popcorn

**SPRINGFIELD PUBLIC SCHOOLS
ELEMENTARY BIC
MAY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
5/1	5/2	5/3	5/4	5/5
Cherry Chocolate Chip 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 with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Spiced Apple Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Ham & Cheese Croissant OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
5/8	5/9	5/10	5/11	5/12
Doughnut Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Nutri-Grain Bar OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Danimals Yogurt with Granola OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon & Egg Pocket 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
5/15	5/16	5/17	5/18	5/19
Lemon Poppyseed Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pancakes 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	Cherry Pocket OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Sausage & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
5/22	5/23	5/24	5/25	5/26
Banana Chocolate Chip Muffin OR Assorted Cereal with Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Croissant with Jelly or Buttery Spread OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Orange Creamsicle Muffin OR Assorted Cereal with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Southwest Pocket 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
5/29	5/30	5/31	6/1	6/2
NO SCHOOL	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 with Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Spiced Apple Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Ham & Cheese Croissant OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES		Menu items are subject to change		

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Springfield Satellite Schools
Week of May 1 – 5

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

Week of May 8 – 12

Monday	Tuesday	Wednesday	Thursday	Friday
Corn Dog	Classic Beef & Cheese Nachos	Crispy Chicken Bowl	Mac & Cheese (Heated separately and mixed at the school)	Pepperoni Pizza OR Cheese Pizza
Chicken Caesar Salad with Dinner Roll Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
Baked Beans	Zucchini Coins	Steamed Carrots	Broccoli Florets	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				

**Springfield Satellite Schools
Week of May 15 – 19**

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Soup with Grilled Cheese	Taco Tuesday Ground Beef, Local Corn Tortillas, Salsa, Lettuce, Cheese	Breakfast for Lunch Pancakes & Sausage	Hot Dog (schools to place in bun)	Pepperoni Pizza OR Cheese Pizza
Chef Salad with Dinner Roll Turkey & Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
Steamed Broccoli Grape Tomatoes Cheddar Goldfish	Steamed Green Beans Grape Tomatoes	Tater Tots Celery Sticks	Grape Tomatoes Seasoned Black Bean Salad	Steamed Carrots Celery Sticks
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

Week of May 22 – 26

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

Springfield Satellite Schools
Week of May 29 – June 2

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	Cheesy Dunkers with Marinara Sauce	Chicken Nuggets	Chicken Alfredo over Penne Pasta	Pepperoni Pizza OR Cheese Pizza
Buffalo Chicken Salad with Dinner Roll Italian Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich				
	Cauliflower Florets Steamed Green Beans	Potato Wedges Grape Tomatoes	Grape Tomatoes Broccoli Florets	Grape Tomatoes Seasoned Black Bean Salad
<u>Available Daily:</u> Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk				

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