



**SPRINGFIELD PUBLIC SCHOOLS**

**LUNCH  
OCTOBER 2019**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9/30	10/1	10/2	10/3	10/4
Chicken Bacon Sandwich Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Tex Mex Garbanzo Beans Celery Sticks Applesauce	Sazón Roast Turkey with Spanish Rice & Beans Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Tex Mex Garbanzo Beans Celery Sticks Applesauce	Battered Fish with Garlic Breadstick Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Potato Wedges Apple Kale Salad Cheddar Goldfish Crackers Applesauce	Baked Macaroni and Cheese with Roll Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Apple Kale Salad Grape Tomatoes Applesauce	Fresh Baked Cheese or BBQ Chicken Pizza Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Steamed Carrots Grape Tomatoes Applesauce
10/7	10/8	10/9	10/10	10/11
Chicken Nuggets with Vegetable Rice Pilaf Italian Sandwich Hummus Bento Box with Vegetables and Flatbread Baby Carrots Caesar Salad Chilled Pears	Cheesy Dunkers, Marinara Sauce and Caesar Salad Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Baby Carrots Caesar Salad Chilled Pears	French Toast with Pork Sausage and Syrup Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Home Fries Baby Carrots Chilled Pears	Chicken Rice Bowl with Dinner Roll Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Celery Sticks Three Bean & Mozz. Salad Scooby Snacks Chilled Pears	Fresh Baked Cheese or Buffalo Chicken Pizza Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Celery Sticks Three Bean & Mozz. Salad Chilled Pears
10/14	10/15	10/16	10/17	10/18
<b>NO SCHOOL</b>	Pulled Pork Slider with Cole Slaw Tuna Sandwich Hummus Bento Box with Vegetables and Flatbread Roasted Sweet Potato Black Bean Salad Chilled Peaches	Popcorn Chicken Bowl with Mashed Potatoes and Gravy Tuna Sandwich Crispy Chicken Salad with Dinner Roll Pepper Strips Steamed Corn Chilled Peaches	Chicken Quesadilla with Yellow Rice Tuna Sandwich Crispy Chicken Salad with Dinner Roll Black Bean Salad Steamed Broccoli Rice Krispies Treat Chilled Peaches	Fresh Baked Cheese or Hawaiian Pizza Tuna Sandwich Crispy Chicken Salad with Dinner Roll Grape Tomatoes Cucumber Coins Chilled Peaches
10/21	10/22	10/23	10/24	10/25
Cheeseburger Ham & Cheese Sandwich Hummus Bento Box with Vegetables and Flatbread Emoji Fries Baked Beans Chilled Mixed Fruit	Teriyaki Glazed Chicken with Veggie Fried Rice Ham & Cheese Sandwich Cranberry Pear Salad with Granola Baby Carrots Zucchini Coins Chilled Mixed Fruit	Grilled Cheese and Bacon Sandwich Ham & Cheese Sandwich Cranberry Pear Salad with Granola Baby Carrots Roasted Zucchini Chocolate Chip Cookie Chilled Mixed Fruit	Spaghetti with Meatballs and Garlic Roll Ham & Cheese Sandwich Cranberry Pear Salad with Granola Side Salad Baby Carrots Chilled Mixed Fruit	<b>NO SCHOOL</b>
10/28	10/29	10/30	10/31	11/1
Chicken Bacon Sandwich Crunchy Pumpkin Butter and Raisin Wrap Hummus Bento Box with Vegetables and Flatbread Tex Mex Garbanzo Beans Celery Sticks Applesauce	Sazón Roast Turkey with Spanish Rice & Beans Crunchy Pumpkin Butter and Raisin Wrap Grilled Chicken Caesar Salad with Dinner Roll Tex Mex Garbanzo Beans Celery Sticks Applesauce	Battered Fish with Garlic Breadstick Crunchy Pumpkin Butter and Raisin Wrap Grilled Chicken Caesar Salad with Dinner Roll Potato Wedges Apple Kale Salad Cheddar Goldfish Crackers Applesauce	Baked Macaroni and Cheese with Roll Crunchy Pumpkin Butter and Raisin Wrap Grilled Chicken Caesar Salad with Dinner Roll Apple Kale Salad Grape Tomatoes Applesauce	Fresh Baked Cheese or BBQ Chicken Pizza Crunchy Pumpkin Butter and Raisin Wrap Grilled Chicken Caesar Salad with Dinner Roll Steamed Carrots Grape Tomatoes Applesauce

OFFERED DAILY  
1% AND FAT FREE FLAVORED MILK  
SUN BUTTER & JELLY AND CHEESE SANDWICH  
FRESH FRUIT

**PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES**

**Menu items are subject to change**