


Swift River School Menu - August/September 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
August		August		August		August		August	
27	28	29	30	31					
3	4	5	6	7	Welcome Back!				
No School		Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: Chocolate Chip Muffins with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit		
Labor Day Observed		Creamy Macaroni and Cheese with Seasoned Carrots, or Salad, or PB&J	Meatball or Veggie Meatball Sub with Marinara Sauce and Parmesan Cheese, or Salad, or PB&J		Roast Pork with Gravy and Mashed Potatoes, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J		
10	11	12	13	14	Cereal Day: Assorted Cereals with Milk; Fruit				
Spaghetti with Chicken Patties and Parmesan Cheese, or Salad, or PB&J		Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Sour Cream, and Salsa, or Salad, or PB&J		Yogurt Fruit Parfait with Granola, or Salad, or PB&J		Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
17	18	19	20	21	Cereal Day: Assorted WG Cereals with Milk; Fruit				
Pesto Pasta with Mozzarella Cheese and Broccoli, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Grilled Cheese with Veggie Bean Salad, or Salad, or PB&J		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yogurt with Granola or Cereal with Milk; Fruit	
24	25	26	27	28	Cereal Day: Assorted Cereals with Milk; Fruit				
Baked Ziti with Ricotta and Mozzarella Cheese, or Salad, or PB&J		Chicken Nuggets with Tater Tots, or Salad, or PB&J		Tuna Salad or Veggie Hummus Wrap with Chips, or Salad, or PB&J		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yougurt with Granola, or Cereal with Milk; Fruit	
Baked Ziti with Ricotta and Mozzarella Cheese, or Salad, or PB&J		Chicken Nuggets with Tater Tots, or Salad, or PB&J		Tuna Salad or Veggie Hummus Wrap with Chips, or Salad, or PB&J		Breakfast for Lunch: Pancakes with Sausage and Hash Browns, or Salad, or PB&J		Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J	
Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - PB&J are available with Sun Butter and/or All Natural PB - Salad bar, fruit, and milk are offered with every lunch - Salad options include Protein of the Day, or a Cheese Stick, or Sunflower Seeds, or a Hard Boiled Egg - Extra Milk: \$0.50 - Students in PK will not be served peanut butter in accordance with MA General Law									
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