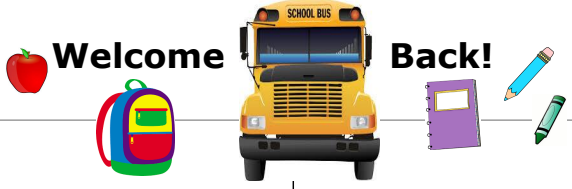


Swift River School Menu - August/September 2019

Monday		Tuesday		Wednesday		Thursday		Friday		
August		August		August		August		August		
Breakfast	26			27	28	29	30			
	Welcome Back! Cereal Day: Assorted WG Cereals with Milk; Fruit			Cereal Day: Assorted WG Cereals with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese and Milk; Juice and Fruit		Yogurt Day: Yogurt with Oatmeal Bar, or Cereal with Milk; Fruit		
Lunch					Turkey & Cheese or Black Bean Burger on a WG Bun with Chips, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		Spaghetti with Marinara and Garlic Bread, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		Pizza Rolls with Marinara, or Salad, or PB&J, or Make-Your-Own Veggie Wrap	
	2	3	4	5	6					
Breakfast	No School		Cereal Day: Assorted WG Cereals with Milk; Fruit		Donut Day: Blueberry Donut with Milk and Fruit, or Cereal with Milk		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Yogurt Day: Yogurt with Oatmeal bar, or Cereal with Milk; Fruit	
	Labor Day Observed		Creamy Macaroni and Cheese with Seasoned Carrots, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		Meatball or Veggie Meatball Sub with Marinara and Parmesan Cheese, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		BBQ Chicken with Corn on the Cob, or Salad, or Make-Your-Own Veggie Wrap		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J, or Make-Your-Own Veggie Wrap	
9		10		11		12		13		
Cereal Day: Assorted Cereals with Milk; Fruit		Muffin Day: Chocolate Chip Muffins with Milk; Fruit		Hot Breakfast: Sausage on a Biscuit, or Cereal with Milk; Fruit		Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Juice and Fruit		Yogurt Day: Yogurt with Oatmeal bar, or Cereal with Milk; Fruit		
Lunch	Pesto Pasta with Mozzarella Cheese with Garlic Breadsticks, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		Taco Tuesday: Seasoned Ground Beef or Beans in a Taco Boat with Sour Cream, and Salsa, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		Cheesey Quesadillas with BBQ Baked Beans, or Salad, or PB&J, or Make-Your-Own Veggie Wrap		Hot Dogs with french fries, salad bar, pb&j or build your own wrap		Pizza Rolls with maraina sauce, salad bar, pb&j or build your own wrap	
	16	17	18	19	20					
Breakfast	Cereal Day: Assorted WG Cereals with Milk; Fruit		Donut Day: Blueberry Donut with milk and fruit or cereal and milk		Smoothie Day: Strawberry Smoothie with Smiley Face Bar, or Cereal with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Yogurt Day: Yogurt with Oatmeal bar, or Cereal with Milk; Fruit	
	Spaghetti with meatless sauce and garlic knots, salad bar, pb&j or build your own wrap		Chicken Nuggets with Tater Tots, salad bar, pb&j or build your own wrap		Grilled Cheese with Veggie Bean Salad, salad bar, pb&j or build your own wrap		Chop Suey with dinner roll, salad bar, pb&j or build your own wrap		Three Cheese Calzone with Marinara sauce, salad bar, pb&j or build your own wrap	
23		24		25		26		27		
Breakfast	Cereal Day: Assorted Cereals with Milk; Fruit		Muffin Day: Chocolate Chip Muffins with Milk; Fruit		Hot Breakfast: Warm french toast sticks with maple syrup and a hash brown, milk; fruit or cereal		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Yogurt Day: Yogurt with Oatmeal bar, or Cereal with Milk; Fruit	
	Garlic noodles with Chicken patty, salad bar, pb&j or build a veggie wrap		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, Salad bar, pb&j or build your own wrap		Mozzarella Sticks with Marinara Sauce, or Salad, or build a veggie wrap		Roasted chicken strips with gravy over Rice, salad bar, pb&j or build your own wrap		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, Salad bar, pb&j or Build your own wrap	

Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stonyfield 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. Menu could be subject to change without notice

Erving School Union #28 assures that all programs, activities and employment opportunities are offered without regard to race, color, gender, gender identity, age, creed, homelessness, religion, national origin, sexual orientation, disability, and pregnancy or pregnancy-related conditions.