

Swift River School Menu MARCH 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
February		February		February		February		February	
26		27		28		1		2	
B r e a k f a s t	Cereal Day: Assorted Cereals with Milk and Fruit	Muffin Day: Chocolate Chip Muffin, or Cereal with Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: Plain Bagel with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yougurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Spaghetti with Meatless Sauce and Garlic Knots, or Salad, or PB&J	Fish and Chips (Oven Wedges) with Homemade Tartar Sauce, or Salad, or PB&J		Ham and Cheese or Veggie Patty on a WG Roll, or Salad, or PB&J		Herb Roasted Chicken with Rice Pilaf, or Salad, or PB&J		Dunker Day: Italian Dunkers with Meatless Sauce, or Salad, or PB&J	
5		6		7		8		9	
B r e a k f a s t	Cereal Day: Assorted Cereals with Milk and Fruit	Muffin Day: Chocolate Chip Muffin with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: Plain Bagel and Cream Cheese, or Cereal with Milk; Orange Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Baked Ziti with Ricotta and Mozzarella Cheese, or Salad, or PB&J	Taco Tuesday: Seasoned Beef or Beans with Corn Chips, Salsa, Sour Cream, and Shredded Cheese, or Salad, or PB&J		Hearty Tomato Soup with Grilled Cheese, or Salad, or PB&J		Breakfast for Lunch: Pancakes with Sausage and Hash Browns, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J	
12		13		14		15		16	
B r e a k f a s t	Cereal Day: Assorted Cereals with Milk and Fruit	Muffin Day: Chocolate Chip Muffin with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: Plain Bagel with Cream Cheese, or Cereal with Milk; Orange Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Pesto Pasta with Mozzarella Cheese and Broccoli, or Salad, or PB&J	Fish and Chips (Oven Wedges) with Homemade Tartar Sauce, or Salad, or PB&J		Cheesey Quesadillas with BBQ Baked Beans, or Salad, or PB&J		Baked Potato Bar with Bacon, Shredded Cheese, and Sour Cream, or Salad, or PB&J		Dunker Day: Italian Dunkers with Meatless Sauce, or Salad, or PB&J	
19		20		21		22		23	
B r e a k f a s t	Cereal Day: Assorted Cereals with Milk and Fruit	Muffin Day: Chocolate Chip Muffin with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: Plain Bagel with Cream Cheese, or Cereal with Milk; Fruit		CURRICULUM DAY	
L u n c h	Lasagna Layered with Meatless Sauce, Ricotta, and Mozzarella Cheese, and Garlic Knots, or Salad, or PB&J	Taco Tuesday: Seasoned Beef or Beans with Corn Chips, Salsa, Sour Cream, and Shredded Cheese, or Salsa, or PB&J		Cheddar Potato Soup with WG Soft Baked Pretzels, or Salad, or PB&J		BBQ Pulled Pork or Black Bean Burgers on a WG Roll, or Salad, or PB&J		NO SCHOOL	
26		27		28		29		30	
B r e a k f a s t	Cereal Day: Assorted Cereals with Milk and Fruit	Muffin Day: Chocolate Chip Muffin with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: Plain Bagel with Cream Cheese, or Cereal with Milk; Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Linguine Noodles with Alfredo Sauce and Broccoli, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Meatball or Veggie Meatball Sub with Marinara Sauce and Parmesean Cheese, or Salad, or PB&J		Shepards Pie Day: Seasoned Ground Beef Layered with Mashed Potatoes and Sweet Corn, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J	
<p>Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - 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</p> <p>The New Salem-Wendell School District assures that all programs, activities, and employment opportunities are offered without regard to race, color, national origin, gender, gender identity, disability, economic status, homelessness, religion, or sexual orientation.</p>									