

Swift River School Menu - March 2019

Monday		Tuesday		Wednesday		Thursday		Friday		
	4		5		6		7		8	
Breakfast	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Hot Breakfast: French Toast Strips with Maple Syrup, or Cereal 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	
Lunch	Meatless Lasagna with Garlic Rolls, or Salad, or Make-Your-Own Veggie Wrap		Chicken or Veggie Patty on a WG Bun with French Fries, or Salad, or Make-Your-Own Veggie Wrap		Potato and Cheddar Soup with a Soft Baked Pretzel, or Salad, or Make-Your-Own Veggie Wrap		Pizza Quesdillas, or Salad, or Make-Your-Own Veggie Wrap		Roast Pork with Broccoli and Rice, or Salad, or Make-Your-Own Veggie Wrap	
	11		12		13		14		15	
Breakfast	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a WG Bar, or Cereal 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	
Lunch	Stuffed Shells with Marinara and Garlic Bread, or Salad, or PB&J		Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Salsa, Cheese, and Sour Cream, or Salad, or PB&J		Chicken Noodle Soup with Grilled Cheese, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni or Veggie Pizza, or Salad, or PB&J		Breakfast for Lunch: Pancakes with Sausage Patties, Hashbrowns, and Warm Maple Syrup, or Salad, or PB&J	
	18		19		20		21		22	
Breakfast	Cereal Day: Assorted WG Cereals with Milk;fruit		Muffin Day: WG Muffins with Milk and Fruit		Hot Breakfast: Sausage on a Biscuit, or Cereal with Milk; Fruit		Bagel Day: WG Plain Bagels with Cream Cheese, or Cereal with Milk; Fruit		Granola Day: Yogurt and Granola or Cereal with Milk;Fruit	
Lunch	Spaghetti with Marinara and Dinner Rolls, or Salad, or Make-Your-Own Veggie Wrap		Hot Dogs or Veggie Dogs with BBQ Baked Beans, or Salad, or Make-Your-Own Veggie Wrap		Sloppy Joe on a WG Bun with Potato Chips, or Salad, or Make-Your-Own Veggie Wrap		Pizza Rolls with Marinara Sauce, or Salad, or Make-Your-Own Veggie Wrap		Baked Potato Bar with Bacon, Shredded Cheese and Sour Cream, or Salad, or Make-Your-Own Veggie Wrap	
	25		26		27		28		29	
Breakfast	Cereal Day: Assorted WG Cereals with Milk; Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a WG Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: WG Plain Bagels with Cream Cheese or Cereal with Milk; Fruit		Granola Day: Yogurt and Granola or Cereal and Milk;Fruit	
Lunch	Pesto Pasta with Mozzarella Cheese and Mixed Veggies, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Meatball or Veggie Meatball Subs on a WG Roll with Potato Chips, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni or Veggie Pizza, or Salad, or PB&J		Chicken or a Veggie Stir-Fry with Rice, or Salad, or PB&J	
	April 1		April 2		April 3		April 4		April 5	
Breakfast	Cereal Day: Assorted Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Hot Breakfast: Sausage on a Biscuit, or Cereal with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yougurt with Granola, or Cereal with Milk; Fruit	
Lunch	Chicken Parmesean with Pasta and Marinara, or Salad, or Make-Your-Own Veggie Wrap		Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Salsa, Sour Cream, and Cheese, or Salad, or Make-Your-Own Veggie Wrap		Cheesey Quesdillas with Baked Beans, or Salad, or Make-Your-Own Veggie Wrap		Pizza Quesdillas, or Salad, or Make-Your-Own Veggie Wrap		Shepherd's Pie with Seasoned Ground Beef, Mashed Potatoes, and Sweet Corn, or Salad, or Make-Your-Own Veggie Wrap	

Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - PB&Js 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 - PK Students will not be served PB in accordance with MA General Law

Menus are subject to change without notice. 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, sexual orientation, pregnancy, and pregnancy-related conditions.