

Swift River School Menu - MAY 2018

Monday		Tuesday		Wednesday		Thursday		Friday		
April		30		1		2		3		
Breakfast	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese and Milk; Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
	Lunch Pesto Pasta with Mozzarella Cheese and Glazed Carrots, or Salad, or PB&J		Fish and Chips with Homemade Tartar Sauce, or Salad, or PB&J		Chicken or Veggie Noodle Soup with Grilled Cheese, or Salad, or PB&J		Beef or Veggie Stroganoff with Egg Noodles and Warm Dinner Rolls, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J	
7		8		9		10		11		
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 Lasagna with Marinara Sauce, Ricotta and Mozzarella Cheeses, and Garlic Knots, 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		Potato and Cheddar Soup with Baked Pretzels, or Salad, or PB&J		BBQ Pulled Pork or Veggie Burger on a WG Roll, or Salad, or PB&J		Dunker Day: Italian Dunkers with Marinara Sauce, or Salad, or PB&J	
14		15		16		17		18		
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 and Granola, or Cereal with Milk, Fruit	
	Lunch Garlic Noodles with Chicken or Chickenless Patties, or Salad, or PB&J		Baked Potato Bar with Bacon, Shredded Cheese, and Sour Cream, or Salad, or PB&J		Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J		Turkey and Cheese on a WG Bun or Hummus Veggie Wrap, or Salad, or PB&J		Mozzarella Sticks Day: Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J	
21		22		23		24		25		
Breakfast	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: Chocolate Chip Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yogurt and Granola or Cereal and Milk; Fruit	
	Lunch Creamy Mac and Cheese with Steamed Carrots, or Salad, or PB&J		Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Sour Cream, Salsa, and Shredded Cheese, or Salad, or PB&J		Fresh Mixed Fruit and Yogurt Parfait with Granola, or Salad, or PB&J		Breakfast For Lunch: Pancakes, Sausage, Hash Browns, and Syrup, or Salad, or PB&J		Pizza Day: Cheese, Meatlovers, or Veggie Pizza, or Salad, or PB&J	
28		29		30		31		June		
Breakfast	No School		Cereal Day: Assorted WG Cereals with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, 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 Memorial Day Observed		Fish and Chips with Homemade Tartar Sauce, or Salad, or PB&J		Ham and Cheese or a Veggie Patty on a WG Roll, or Salad, or PB&J		BBQ Chicken with Corn on the Cob, or Salad, or PB&J		Dunker Day: Italian Dunkers with Marinara Sauce, or Salad, or PB&J	

Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - Salad bar, fruit, unsweetened fruit iced tea, 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
 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. Menu's is subject to change without notice.