

Swift River School Menu - May 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
	6		7		8		9		10
Breakfast		Cereal Day: Assorted WG 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 and Milk; Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
Lunch		Garlic Noodles with Swedish Meatballs, or Salad, or PB&J	Taco Tuesday: Seasoned Beef or Beans in Taco Boats with Salsa, Sour Cream, and Shredded Cheese, or Salad, or PB&J	Chicken Nuggets with Tater Tots, or Salad, or PB&J		Pizza Rolls with Marinara Sauce, or Salad, or PB&J		Meatloaf with Potato Casserole, or Salad, or PB&J	
	13		14		15		16		17
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 Sauce and Garlic Knots, or Salad, or Make-Your-Own Veggie Wrap	Fish and Chips with Homemade Tartar Sauce, or Salad, or MYO Veggie Wrap	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or MYO Veggie Wrap		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or MYO Veggie Wrap		Roast Pork with Gravy over Rice with Steamed Veggies, or Salad, or MYO Veggie Wrap	
	20		21		22		23		24
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		<i>No School</i>	
Lunch		Veggie Lo Mein with Pork Potstickers, or Salad, or PB&J	Taco Tuesday: Seasoned Beef or Beans in Taco Boats with Salsa, Sour Cream, and Shredded Cheese, or Salad, or PB&J	Ham and Cheese or a Veggie Burger on a WG Roll with Oven Fries, or Salad, or PB&J		Breakfast for Lunch: Pancakes, Sausage, and Hash Browns, or Salad, or PB&J		<i>Curriculum Day</i>	
	27		28		29		30		31
Breakfast		<i>No School</i>	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: Yogurt and Granola or Cereal and Milk; Fruit	
Lunch		<i>Memorial Day Observed</i>	Pesto Pasta with Mozzarella Cheese and Glazed Carrots, or Salad, or Make-Your-Own Veggie Wrap	Turkey and Cheese or a Veggie Burger on a WG Roll with Chips, or Salad, or MYO Veggie Wrap		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or MYO Veggie Wrap		Field Day: Cheeseburgers and/or Hot Dogs, or Veggie Burgers and/or Veggie Dogs with Potato Salad, Pasta Salad, Tossed Salad, and Chips	
	3		4		5		6		7
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, or Cereal with Milk; Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
Lunch		Spaghetti with Marinara Sauce and Mozzarella Sticks, or Salad, or PB&J	Fish and Chips with Homemade Tartar Sauce, or Salad, or PB&J	Meatball or Veggie Meatball Sub with Oven Fries, or Salad, or PB&J		Pizza Rolls with Marinara Sauce, or Salad, or PB&J		Turkey and Cheese or Veggie Burger on a WG Roll with Chips, or Salad, or PB&J	
Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - PB&Js are made with 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									
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