

## Swift River School Menu - December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	3	4	5	6	7
Lunch	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>French Toast Strips</b> with Maple Syrup, or Cereal with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or Cereal with Milk; Fruit or Orange Juice	<b>Granola Day:</b> Yogurt and Granola, or Cereal with Milk; Fruit
Breakfast	10	11	12	13	14
Lunch	Mac and Cheese with Glazed Carrots, or Salad, or PB&J	Beef or Veggie Meatball Sub on a WG Roll, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J	Baked Potato Bar with Bacon, Shredded Cheese, Sour Cream, and Animal Crackers, or Salad, or PB&J	Pizza Rolls with Marinara Sauce, or Salad, or PB&J
Breakfast	17	18	19	20	21
Lunch	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>Hot Breakfast:</b> Sausage on a Biscuit, or Cereal with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or Cereal with Milk; Fruit or Orange Juice	<b>Granola Day:</b> Yogurt and Granola, or Cereal with Milk; Fresh Fruit
Breakfast	24	25	26	27	28
Lunch	<i>Happy</i>	<i>Holidays!</i>	<i>Happy</i>	<i>New</i>	<i>Year!</i>
Breakfast	31	January 1	January 2	January 3	January 4
Lunch	<i>New Year's Eve!!!</i>	<i>New Year's Day!!!</i>	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>Granola Day:</b> Yogurt and Granola, or Cereal with Milk; Fruit
Lunch			Spaghetti with Marinara Sauce and Garlic Bread, or Salad, or PB&J	Creamy Chicken over Rice, or Salad, or PB&J	Pizza Rolls with Marinara Sauce, or Salad, or PB&J

**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**

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.