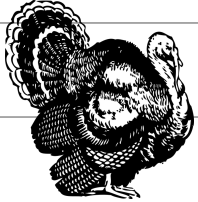


Swift River School Menu - November 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	29	30	31	1	2
Lunch	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: WG Muffin with Milk and Fruit	Smoothie Day: Berry Smoothie with a Granola Bar, or Cereal with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Fruit or Orange Juice	Granola Day: Yogurt and Granola, or Cereal with Milk; Fruit
Lunch	Meat or Meatless Lasagna with Ricotta, Mozzarella, and Garlic Bread, or Salad, or PB&J	Chicken Patty or Garden Burger on a WG Roll with Oven Fries, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J	Beef or Veggie Stroganoff with Egg Noodles, or Salad, or PB&J	Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J
Breakfast	5	6	7	8	9
Lunch	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: WG Muffin with Milk and Fruit	Hot Breakfast: Sausage on a Biscuit, or Cereal with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Fruit or Orange Juice	Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit
Lunch	Garlic Noodles and Steamed Carrots, or Salad, or PB&J	Taco Tuesday: Seasoned Beef or Beans with Tortillas Chips, Sour Cream, Shredded Cheese, and Salsa, or Salad, or PB&J	Potato Cheddar Soup with a Soft Baked Pretzel, or Salad, or PB&J	Chicken Pot Pie, or Salad, or PB&J	Pizza Rolls with Marinara Sauce, or Salad, or PB&J
Breakfast	12	13	14	15	16
Lunch	Veterans Day	Cereal Day: Assorted WG Cereals with Milk; Fruit	Smoothie Day: Berry Smoothie with a Granola Bar, or Cereal with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Fruit or Orange Juice	Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit
Lunch	No School	Fish Sticks and Tater Tots with Homemade Tartar Sauce, or Salad, or PB&J	Turkey or Hummus Sandwich with Cape Cod Potato Chips, or Salad, or PB&J	Breakfast for Lunch: Pancakes with Syrup, Sausage, and Hash Browns, or Salad, or PB&J	Pizza Quesadillas with Cheese and Marinara Sauce, or Salad, or PB&J
Breakfast	19	20	21	22	23
Lunch	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: WG Muffin with Milk and Fruit	Thanksgiving Recess	No School	
Lunch	Chop Suey with Ground Beef, Marinara Sauce, and Parmesean Cheese, or Salad, or PB&J	Chicken Nuggets with French Fries, or Salad, or PB&J			
Breakfast	26	27	28	29	30
Lunch	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: WG Muffin with Milk and Fruit	Smoothie Day: Berry Smoothie with a Granola Bar, or Cereal with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Fruit or Orange Juice	Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit
Lunch	Spaghetti with Marinara Sauce and Garlic Breadsticks, or Salad, or PB&J	Taco Tuesday: Seasoned Beef or Beans with Tortillas Chips, Sour Cream, Shredded Cheese, and Salsa, or Salad, or PB&J	BBQ Pulled Pork on a WG Bun with Chips, or Salad, or PB&J	Beef or Veggie Stew with Warm Dinner Rolls, or Salad, or PB&J	Pizza Day: Cheese, Pepperoni, or Veggie Pizza, 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.