

Swift River School Menu - June 2018

Monday		Tuesday		Wednesday		Thursday		Friday		
May	28	May	29	May	30	May	31	June	1	
Breakfast	No School		Cereal Day: Assorted Cereals with Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
	Memorial Day Observed		Fish and Chips with Homemade Tartar Sauce, or Salad, or PB&J		Ham and Cheese or 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	
Lunch	4	5	6	7	8					
	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; Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
Pesto Pasta with Mozzarella Cheese and Glazed Carrots, 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		Fresh Fruit Parfait with Granola, or Salad, or PB&J		Field Day: Hot Dog or Veggie Dog PLUS a Cheese Burger or Veggie Burger with Chips, Pasta Salad, Potato Salad, and Watermelon, or Tossed Salad, or PB&J		
Breakfast	11	12	13	14	15					
	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Chocolate Chip Muffin 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; Fruit		Granola Day: Yogurt with Granola or Cereal with Milk; Fruit	
Tuna Macaroni Salad or Veggie Pasta Salad, or Salad, or PB&J		Taco Tuesday: Seasoned Beef or Beans with Corn Chips, Sour Cream and Salsa, or Salad, or PB&J		Turkey and Cheese Wrap or Hummus Veggie Wrap with Chips, or Salad, or PB&J		Breakfast for Lunch: Pancakes, Sausage, and Hashbrowns, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J		
Breakfast	18	19	20	21	22					
	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Chocolate Chip Muffin or Cereal with Milk; Fruit		Cereal Day: Assorted Cereals with Milk; Fruit		Cereal Day: Assorted WG Cereals with Milk; Fruit		Cereal Day: Assorted Cereals with Milk; Fruit	
Spaghetti with Marinara and Garlic Knots, or Salad, or PB&J		Chicken Nuggets with French Fries and Steamed Vegetables or Salad, or PB&J		Meatball or Veggie Meatball Sub, or Salad, or PB&J		Mozzarella Sticks with Marinara, or Salad, or PB&J		Bagged Lunch: PB Only or PB&J		
Breakfast	25	26	27	28	29					
	Cereal Day: Assorted WG Cereals with Milk and Fruit									
Bagged Lunch: PB Only or PB&J										

Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stonyfield Yogurt - 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

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.