

Swift River School Menu - April 2024

Monday		Tuesday		Wednesday		Thursday		Friday		
r e a k f a s	1	2	3	4	5					
L u n c h	Cereal Day: Assorted WG Cereals with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit					
r e a k f a s	8	9	10	11	12					
L u n c h	Pesto Pasta, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J	Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Shredded Cheese, Sour Cream, and Salsa, or Salad, or PB&J	Chicken Noodle Soup with Grilled Cheese, or Salad, or PB&J	Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J					
r e a k f a s	15	16	17	18	19					
L u n c h	Cereal Day: Assorted WG Cereals with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	Hot Breakfast: Sausage Patty on a Biscuit, or WG Cereal with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit					
r e a k f a s	22	23	24	25	26					
L u n c h	Spaghetti and Meatballs with Breadsticks, or Salad, or PB&J	Breakfast for Lunch: Pancakes with Hashbrowns and Sausage, or Salad, or PB&J	Ham and Cheese Wrap with Chips, or Salad, or PB&J	Chicken Nuggets and Smiley Fries, or Salad, or PB&J	Cheese Pizza Bites, or Salad, or PB&J					
r e a k f a s	<i>Spring Recess</i>		<i>Spring Recess</i>		<i>Spring Recess</i>		<i>Spring Recess</i>		<i>Spring Recess</i>	
L u n c h	<i>No School</i>		<i>No School</i>		<i>No School</i>		<i>No School</i>		<i>No School</i>	
r e a k f a s	29	30								
L u n c h	Cereal Day: Assorted WG Cereals with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice								
r e a k f a s	8	9								
L u n c h	Macaroni and Cheese, or Salad, or PB&J	Meatball Grinder on a WG Roll with Chips, or Salad, or PB&J								

Breakfast and Lunch are available at no charge - Veggies, Fruit & Milk are offered with every lunch - Fruit & Milk are offered with every breakfast - Salads are offered daily and include Protein of the Day, or a Cheese Stick, or Sunflower Seeds, or a Hard Boiled Egg - Extra Milk: \$0.50 - PK will not be served PB per MA General Law
 Menus are subject to change without notice. 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.