


## Swift River School August/September Menu 2017

	Monday	Tuesday	Wednesday	Thursday	Sept. Friday
r e a k f a s			<b>30</b>	<b>31</b>	<b>1</b>
L u n c h	<h1>Welcome Back</h1>		<b>Cereal Day:</b> Assorted WG Cereals with Milk and Fruit	<b>Bagel Day:</b> WG Bagel and Cream Cheese, or Cereal and Milk; Orange Juice and Fruit	<b>Yogurt &amp; Granola</b> or Cereal & milk with fresh fruit
r e a k f a s	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
L u n c h	<h1>Labor Day Observed</h1>	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>Smoothie Day:</b> Strawberry Smoothie with a WG Bar, or Cereal and Milk; Fruit	<b>Bagel Day:</b> WG Bagel and Cream Cheese, or Cereal and Milk; Orange Juice and Fruit	<b>Yogurt &amp; Granola</b> or Cereal & milk with fresh fruit
L u n c h	<h1>No School</h1>	Chicken or Black Bean Patty with glazed carrots, or Salad, or PB&J	All Beef Hot Dog or Veggie Dog on a WG Roll with BBQ Baked Beans, or Salad, or PB&J	Baked Potato Bar with Bacon, Shredded Cheese, Sour Cream, and WG Animal Crackers, or Salad, or PB&J	<b>Pizza Day:</b> Cheese, Pepperoni, or Veggie Pizza, or Caesar Salad, or PB&J
r e a k f a s	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
L u n c h	<b>Cereal Day:</b> Assorted WG Cereals with Milk and Fruit	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>Smoothie Day:</b> Banana Berry Smoothie with a WG Bar, or Cereal and Milk; Fruit	<b>Bagel Day:</b> WG Bagel and Cream Cheese, or Cereal and Milk; Orange Juice and Fruit	<b>Yogurt &amp; Granola</b> or Cereal & milk with fresh fruit
L u n c h	Pesto Pasta with Mozzarella Cheese and Broccoli, or Salad, or PB&J	Taco Salad Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Sour Cream, and Salsa, or Salad, or PB&J	Mozzarella Sticks and Marinara sauce, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, Salsa, and Sour Cream, or Salad, or PB&J	Italian Dunkers with Meatless Sauce, or Caesar Salad, or PB&J
r e a k f a s	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
L u n c h	<b>Cereal Day:</b> Assorted WG Cereals with Milk and Fruit	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>Smoothie Day:</b> Strawberry Smoothie with a WG Bar, or Cereal and Milk; Fruit	<b>Bagel Day:</b> WG Bagel and Cream Cheese, or Cereal and Milk; Orange Juice and Fruit	<b>Yogurt &amp; Granola</b> or Cereal & milk with fresh fruit
r e a k f a s	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
L u n c h	<b>Cereal Day:</b> Assorted WG Cereals with Milk and Fruit	<b>Muffin Day:</b> WG Muffin with Milk and Fruit	<b>Smoothie Day:</b> Strawberry Smoothie with a WG Bar, or Cereal and Milk; Fruit	<b>Bagel Day:</b> WG Bagel and Cream Cheese, or Cereal and Milk; Orange Juice and Fruit	<b>Yogurt &amp; Granola</b> or Cereal & milk with fresh fruit
L u n c h	WG Pasta with Alfredo Sauce and Steamed Broccoli, or Salad, or PB&J	Potato & Cheddar soup with WG Bavarian Soft Pretzels, or Salad, or PB&J	Ham & Cheese or Veggie patty on a WG roll or PB&J or Salad	Beef or Veggie Meatball Sub on a WG Bun, or PB&J, or Salad	Italian Dunkers with Meatless Sauce, or Caesar Salad, or PB&J

**Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - Salad bar, fruit, unsweetened fruit iced tea, 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.