

Swift River School March Menu 2017

Monday		Tuesday		Wednesday		Thursday		Friday			
February		February		1		2		3			
B r e a k f a s t	27	Cereal or UBR Bar and Yogurt: Assorted WG Cereals and Milk, or UBR and Yogurt; Fruit		Hot Breakfast Day: French Toast Strips with Syrup, or Cereal and Milk; Fruit		Smoothie Day: Berry Smoothie with WG Grahams, or Cereal and Milk; Fruit		Hot Breakfast Day: Egg and Cheese Sandwich with Hash Browns, or Cereal and Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Muffin, or Cereal and Milk; Fruit	
L u n c h		WG Penne with Alfredo Sauce and Steamed Broccoli, or Salad, or PB&J		Diemand Farm Turkey or Veggie and Bean Chili Cheese Fries, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homade Tartar Sauce, or Salad, or PB&J		Hamburger or Black Bean Garden Burger with Kettle Chips, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Caesar Salad, or PB&J	
r e a k f a s t	6	Cereal or UBR Bar and Yogurt: Assorted WG Cereals and Milk, or UBR and Yogurt; Fruit		Hot Breakfast Day: WG Belgian Waffle Sticks with Syrup, or Cereal and Milk; Fruit		Smoothie Day: Berry Smoothie with WG Grahams, or Cereal and Milk; Fruit		Hot Breakfast Day: Sausage and WG Pancake on a Stick, or Cereal and Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Muffin, or Cereal and Milk; Fruit	
L u n c h		Pesto Pasta with Mozzarella Cheese and Broccoli, or Salad, or PB&J		Hearty Tomato Soup with Grilled Cheese Sandwiches, or Salad, or PB&J		BBQ Chicken with Steamed Corn, or Salad, or PB&J		Baked Potato Bar with Bacon, Shredded Cheese, 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 t	13	Cereal or UBR Bar and Yogurt: Assorted WG Cereals and Milk, or UBR and Yogurt; Fruit		Cereal or UBR Bar and Yogurt: Assorted WG Cereals and Milk, or UBR Bar and Yogurt; Fruit		Smoothie Day: Berry Smoothie with WG Grahams, or Cereal and Milk; Fruit		Hot Breakfast Day: Cheese Omelet with a WG Corn Muffin, or Cereal and Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Muffin, or Cereal and Milk; Fruit	
L u n c h		Spaghetti with Meatless Sauce and Garlic Bread, or Salad, or PB&J		Turkey or Veggie Noodle Soup with Warm WG Rolls, 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, Salsa, and Sour Cream, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Caesar Salad, or PB&J	
r e a k f a s t	20	Cereal or UBR Bar and Yogurt: Assorted WG Cereals and Milk, or UBR Bar and Yogurt; Fruit		Hot Breakfast Day: French Toast Strips with Syrup, or Cereal and Milk; Fruit		Smoothie Day: Berry Smoothie with WG Grahams, or Cereal and Milk; Fruit		Hot Breakfast Day: Sausage on a Biscuit, or Cereal and Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Muffin, or Cereal and Milk; Fruit	
L u n c h		Creamy WG Mac and Cheese with Honey Glazed Carrots, 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		All Natural Smoked Turkey and Cheese on a WG Roll or Hummus Wrap with Chips, or Salad, or PB&J		Breakfast for Lunch: Pancakes, Hash Browns, and Sausage or Veggie Sausage, or Salad, or PB&J		Italian Dunkers with Meatless Sauce, or Caesar Salad, or PB&J	
r e a k f a s t	27	Cereal or UBR Bar and Yogurt: Assorted WG Cereals and Milk, or UBR Bar and Yogurt; Fruit		Hot Breakfast Day: WG Belgian Waffle Sticks with Syrup, or Cereal and Milk; Fruit		Smoothie Day: Berry Smoothie with WG Grahams, or Cereal and Milk; Fruit		Hot Breakfast Day: Egg and Cheese Sandwich with Hash Browns, or Cereal and Milk; Fruit		Smoothie Day: Strawberry Smoothie with a Muffin, or Cereal with Milk; Fruit	
L u n c h		Baked Ziti with Ricotta Cheese, Mozzarella, and Marinara Sauce, or Salad, or PB&J		Chicken or Veggie Ramen Noodle Soup with Veggie Eggrolls, or Salad, or PB&J		Chicken Patty or Black Bean Garden Burger on a WG Bun with Oven Fries, or Salad, or PB&J		Mini WG Corn Dog with Broccoli, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, 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.