

Swift River School NOVEMBER Menu 2017

	Monday		Tuesday		Wednesday		Thursday		Friday		
	October	30	October	31	November	1	November	2	November	3	
Breakfast	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 and Milk; Fresh Fruit		
Lunch	Pesto Pasta with Mozzarella Cheese and Broccoli, or Salad, or PB&J		Hearty Tomato Soup with a Grilled Cheese Sandwich, or Salad, or PB&J		Hearty Beef or Veggie Stew with Warm Butter Rolls, or Salad, or PB&J		BBQ Chicken with Potato Salad and Corn Bread, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Caesar Salad, or PB&J		
		6		7		8		9		10	
Breakfast	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		No School		
Lunch	Spagetti and Marinara with Garlic Bread, or Salad, or PB&J		Soft Taco Tuesday: Seasoned Beef or Beans with Corn Tortillas, Sour Cream, Shredded Cheese, and Salsa, or Salad, or PB&J		Pulled Pork or Black Bean Burger on a WG Roll with Sweet Potato Fries, or Salad, or PB&J		Breakfast for Lunch: Pancakes with Hash Browns and Sausage or ge, or Salad, or PB&J		Vetran's Day Observed		
		13		14		15		16		17	
Breakfast	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 and Milk; Fresh Fruit		
Lunch	Garlic Noodles with Chicken or Chickenless (Veggie) Patties and Steamed Broccoli, or Salad, or PB&J		Corn Chowder with Garlic Knots, or Salad, or PB&J		Mozzarella Sticks with Marinara, or Salad, or PB&J		Herb Roasted Chicken with Brown Rice Pilaf, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Caesar Salad, or PB&J		
		20		21		22		23		24	
Breakfast	Cereal Day: Assorted WG Cereals with Milk; Fruit		Muffin Day: WG Muffin with Milk and Fruit		No School		Thanksgiving Recess				
Lunch	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, Shredded Cheese, and Salsa, or Salad, or PB&J								
		27		28		29		30		December	1
Breakfast	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 and Milk; Fresh Fruit		
Lunch	Baked Ziti with Ricotta Cheese, Mozzarella, and Marinara, or Salad, or PB&J		Hearty Tomato Soup with a Grilled Cheese Sandwich, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Baked Potato Bar with Bacon, Shredded Cheese, Sour Cream, and Animal Crackers, or Salad, or PB&J		Italian Dunkers with Marinara, 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.