



Swift River School Menu - January 2019

Monday		Tuesday		Wednesday		Thursday		Friday		
31		1		2		3		4		
B r e a k f a s t	NEW YEAR'S EVE! 		Happy New Year! 		Cereal Day: Assorted WG Cereals with Milk; Fruit		Muffin Day: WG Chocolate Chip Muffin, or Cereal with Milk; Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Spaghetti with Marinara Sauce and Garlic Bread, or Salad, or PB&J		Creamy Chicken over Rice, or Salad, or PB&J		Pizza Rolls with Marinara Sauce, or Salad, or PB&J					
7		8		9		10		11		
B r e a k f a	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		French Toast Sticks with Maple Syrup, or Cereal with Milk; Fruit		Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Juice and Fruit		Granola Day: Yogurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Garlic Noodles with Chicken or Veggie Patties, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Hearty Tomato Soup with Grilled Cheese, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J		Meatloaf with Mashed Potatoes and Broccoli, or Salad, or PB&J	
14		15		16		17		18		
B r e a k f a	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and 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 and Granola, or Cereal with Milk; Fruit	
L u n c h	Lasagna with Garlic Knots, or Salad, or PB&J		Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J		Ham and Cheese or Veggie Patty on a WG Roll, or Salad, or PB&J		Pizza Rolls with Marinara Sauce, or Salad, or PB&J		Roasted Pork Pot Pie, or Salad, or PB&J	
21		22		23		24		25		
B r e a k f a s t	Martin Luther King Jr. Day Observed		Cereal Day: Assorted WG Cereals with Milk and Fruit		Hot Breakfast: Sausage on a Biscuit, or Cereal with Milk; Fruit		Bagel Day: WG Bagel with Cream Cheese, or Cereal with Milk; Fruit		Granola Day: Yogurt and Granola, or Cereal with Milk; Fruit	
L u n c h	No School!		Pesto Pasta with Mozzarella Cheese and Glazed Carrots, or Salad, or PB&J		Cheeseburger or Black Bean Burger on a WG Roll with Oven Fries, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J		BBQ Chicken with Corn on the Cob, or Salad, or PB&J	
28		29		30		31		February 1		
B r e a k f a	Cereal Day: Assorted Cereals with Milk and Fruit		Muffin Day: Chocolate Chip Muffins 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; Juice and Fruit		Granola Day: Yougurt with Granola, or Cereal with Milk; Fruit	
L u n c h	Fetuccini Alfredo (Creamy Noodles) with Seasoned Veggies, or Salad, or PB&J		Beef or Veggie Meatball Sub on a WG Roll, or Salad, or PB&J		Broccoli Cheddar Soup with Soft Baked Pretzels, or Salad, or PB&J		Pizza Rolls with Marinara Sauce, or Salad, or PB&J		Breakfast for Lunch: Pancakes with Sausage and Hash Browns, or Salad, or PB&J	

Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - PB&Js are available with Sun Butter and/or All Natural PB - 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 - PK Students will not be served PB in accordance with MA General Law

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.