

Swift River School Menu - March 2020

Monday		Tuesday		Wednesday		Thursday		Friday		
2		3		4		5		6		
B r e a k f a s t	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a WG Bar, or Cereal with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Yogurt Day: Yogurt with an Oatmeal Bar, or Cereal with Milk; Fruit	
L u n c h	Pesto Pasta with Mozzarella Cheese and Glazed Carrots, or Salad, or PB&J		Hot Dogs on a WG Bun with BBQ Baked Beans, or Salad, or PB&J		Hearty Tomato Soup with Grilled Cheese, or Salad, or PB&J		Turkey Fricassee over Rice with Green Beans, or Salad, or PB&J		Pizza Calzones with Marinara Sauce, or Salad, or PB&J	
9		10		11		12		13		
B r e a k f a s t	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Hot Breakfast: Sausage, Egg, and Cheese Casserole, or Cereal with Milk; Fruit		Cereal Day: Assorted WG Cereals with Milk and Fruit		Yogurt Day: Yogurt with an Oatmeal Bar, or Cereal with Milk; Fruit	
L u n c h	Spaghetti with Marinara Sauce and Garlic Bread, or Salad, or PB&J		Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Salsa, Cheese, and Sour Cream, or Salad, or PB&J		Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J		Macaroni Tuna Salad with Three Bean Salad, or Salad, or PB&J		Pizza Rolls with Marinara Sauce, or Salad, or PB&J	
16		17		18		19		20		
B r e a k f a s t	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a WG Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: WG Plain Bagels with Cream Cheese, or Cereal with Milk; Fruit		Yogurt Day: Yogurt with an Oatmeal Bar, or Cereal with Milk; Fruit	
L u n c h	Ziti with Marinara Sauce and Parmesean Cheese, or Salad, or PB&J		Chicken Nuggets with French Fries, or Salad, or PB&J		Sloppy Joe on a WG Bun with Potato Chips, or Salad, or PB&J		Chicken Pot Pie, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J	
23		24		25		26		27		
B r e a k f a s t	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a WG Smiley Bar, or Cereal with Milk; Fruit		Cereal Day: Assorted WG Cereals with Milk; Fruit		Yogurt Day: Yogurt with an Oatmeal Bar, or Cereal with Milk; Fruit	
L u n c h	Pesto Pasta with Mozzarella Cheese, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Turkey and Cheese or a Garden Burger on a WG Bun with French Fries, or Salad, or PB&J		Shepherd's Pie with Seasoned Ground Beef, Mashed Potatoes, and Sweet Corn, or Salad, or PB&J		Cheesy Garlic Breadsticks with Marinara Sauce, or Salad, or PB&J	
30		31		April 1		April 2		April 3		
B r e a k f a s t	Cereal Day: Assorted WG Cereals with Milk and Fruit		Muffin Day: WG Muffins with Milk and Fruit		Smoothie Day: Strawberry Smoothie with a WG Smiley Bar, or Cereal with Milk; Fruit		Bagel Day: WG Bagels with Cream Cheese, or Cereal with Milk; Juice and Fruit		Yogurt Day: Yogurt with an Oatmeal Bar, or Cereal with Milk; Fruit	
L u n c h	Garlic Noodles with Mixed Veggies, or Salad, or PB&J		Cheeseburger or Black Bean Burger on a WG Bun with Oven Fries, or Salad, or PB&J		Chicken or Cheese Quesdillas with Baked Beans, or Salad, or PB&J		Meatball or Veggie Meatball Sub on a WG Roll with Potato Chips, or Salad, or PB&J		Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J	

Breakfast and Lunch are available at no charge - Smoothies are made with Organic Stoneyfield Yogurt - PB&Js are made with 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.

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