

Swift River School Menu - January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
r e a k f a s		2	3	4	5
	Welcome Back!	Cereal Day: Assorted WG Cereals with Milk; Fruit	WG Banana Bread, or WG Cereal with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Happy New Year!	Spaghetti and Meatballs with Breadsticks, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J	Chicken Nuggets and Smiley Fries, or Salad, or PB&J	Cheese Pizza Bites, or Salad, or PB&J
r e a k f a s	8	9	10	11	12
	Cereal Day: Assorted WG Cereals with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Pesto Pasta, or Salad, or PB&J	Cheese Burger or Veggie Burger with Tater Tots, or Salad, or PB&J	Turkey with Gravy over Rice, or Salad, or PB&J	Homemade Tomato Soup with Grilled Cheese, or Salad, or PB&J	Pizza Day: Cheese, Pepperoni or Veggie Pizza, or Salad, or PB&J
r e a k f a s	15	16	17	18	19
	MLK Jr. Day	Cereal Day: Assorted WG Cereals with Milk; Fruit	Hot Breakfast: Sausage Patty on a Biscuit, or WG Cereal with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	No School	Garlic Noodles with a Chicken Patty, or Salad, or PB&J	Corn Dog and Hashbrowns, or Salad, or PB&J	Broccoli Cheddar Soup with a Soft Baked Pretzel, or Salad, or PB&J	Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J
r e a k f a s	22	23	24	25	26
	Cereal Day: Assorted WG Cereals with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Macaroni and Cheese, or Salad, or PB&J	Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Shredded Cheese, Sour Cream, and Salsa, or Salad, or PB&J	Baked Potato with Bacon, Shredded Cheese, Sour Cream and Salsa, or Salad, or PB&J	Chicken Noodle Soup with Grilled Cheese, or Salad, or PB&J	Cheese Pizza Bites, or Salad, or PB&J
r e a k f a s	29	30	31		
	Cereal Day: Assorted WG Cereals with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit		
L u n c h	Baked Ziti with Breadsticks, or Salad, or PB&J	Meatball Grinder on a WG Roll with Chips, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J		

Breakfast and Lunch are available at no charge - Veggies, Fruit & Milk are offered with every lunch - Fruit & Milk are offered with every breakfast - Salads are offered daily and include Protein of the Day, or a Cheese Stick, or Sunflower Seeds, or a Hard Boiled Egg - Extra Milk: \$0.50 - PK will not be served PB per 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.