

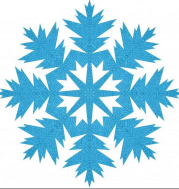



# Swift River School Menu - March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
r e a k f a s					1
L u n c h					<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit  <b>Pizza Day:</b> Cheese, Pepperoni or Veggie Pizza, or Salad, or PB&J
r e a k f a s	4	5	6	7	8
L u n c h	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
r e a k f a s	Pesto Pasta, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J	Cheese Burger or Veggie Burger with Tater Tots, 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
L u n c h	11	12	13	14	15
r e a k f a s	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Spaghetti and Meatballs with Breadsticks, or Salad, or PB&J	Breakfast for Lunch: Pancakes with Hashbrowns and Sausage, or Salad, or PB&J	Chicken Patty on a WG Bun with Tater Tots, or Salad, or PB&J	Homemade Tomato Soup with Grilled Cheese, or Salad, or PB&J	Cheese Pizza Bites, or Salad, or PB&J
r e a k f a s	18	19	20	21	22
L u n c h	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	WG Banana Bread, or WG Cereal with Milk; Fruit	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<i>Curriculum Day</i>
r e a k f a s	Garlic Noodles with a Chicken Patty, or Salad, or PB&J	<b>Taco Tuesday:</b> Seasoned Ground Beef or Beans with Corn Chips, Shredded Cheese, Sour Cream, and Salsa, or Salad, or PB&J	BBQ Pulled Pork on a WG Bun with Coleslaw, or Salad, or PB&J	Meatball Grinder on a WG Roll with Chips, or Salad, or PB&J	<i>No School</i>
L u n c h	25	26	27	28	29
r e a k f a s	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	<b>Hot Breakfast: Sausage Patty on a Biscuit, or WG Cereal with Milk; Fruit</b>	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Macaroni and Cheese, or Salad, or PB&J	Chicken Nuggets and Smiley Fries, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J	Veggie Soup with Grilled Cheese, or Salad, or PB&J	<b>Pizza Day:</b> Cheese, Pepperoni or Veggie Pizza, 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.