

## Swift River School Menu - January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
r e a k f a s			3	4	5
	<i>Happy New Year!</i>	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	WG Banana Bread, or WG Cereal with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	<i>Welcome back!!!</i>	Garlic Egg Noodles with Chicken Patty, or Salad, or PB&J	Meatball or Veggie Meatball Grinder on a VG Bun with Chips, or Salad, or PB&J	Chicken Noodle Soup with Grilled Cheese, or Salad, or PBJ	Cheese Pizza Bites, or Salad, or PB&J
r e a k f a s	9	10	11	12	13
	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<b>Hot Breakfast:</b> Sausage on a Biscuit, or WG Cereal with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Sphaghetti with Meatballs or Veggie Meatballs and Breadsticks, 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	Turkey and Cheese or a Veggie Burger on a WG Bun with Chips, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J	<b>Pizza Day:</b> Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J
r e a k f a s	16	17	18	19	20
	<i>MLK Jr. Day</i>	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	WG Banana Bread, or WG Cereal with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	<i>No School</i>	Homemade Macaroni and Cheese, or Salad, or PB&J	Baked Potato with Bacon, Shredded Cheese, Sour Cream, and Salsa, or Salad, or PB&J	Chicken Nuggets with Tater Tots, or Salad, or PBJ	Cheese Pizza Bites, or Salad, or PB&J
B r e a k f a s t	23	24	25	26	27
	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<b>Hot Breakfast:</b> Turkey and Cheese Quiche, or WG Cereal with Milk; Fruit	<b>Bagel Day:</b> WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	<b>Granola Day:</b> Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	sto Pasta, or Salad, or PB&J	Shepherd's Pie with Ground Beef, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PBJ	Cheese or Veggie Burger on a WG Bun with Fries, or Salad, or PB&J	<b>Pizza Day:</b> Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J
r e a k f a s	30	31			
	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<b>Muffin Day:</b> Chocolate Chip Muffin, or WG Cereal with Milk; Fruit			
L u n c h	Baked Ziti with Breadsticks, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, 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.