

## Swift River School Menu - October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
r e a k f a s	3	4	5	6	7
L u n c h	<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>Breakfast Tornado:</b> Egg, Cheese, and Turkey Sausage Roll-Up, or WG Cereal with Milk; Fruit or Juice	<i>Curriculum Day</i>
r e a k f a s	10	11	12	13	14
L u n c h	<i>Indigenous Peoples Day</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
r e a k f a s	17	18	19	20	21
L u n c h	<i>No School</i>	Pesto Pasta with Mozzarella Cheese, or Salad, or PB&J	Turkey and Cheese or a Veggie Burger on a WG Bun with Cape Cod Potato Chips, or Salad, or PB&J	Beef or Veggie Meatball Sub on a WG Roll with Mainara 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	24	25	26	27	28
L u n c h	<b>Cereal Day:</b> Assorted WG Cereals with Milk; Fruit	<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
r e a k f a s	31	1	2	3	4
L u n c h	Homemade Mac and Cheese with Roasted Glazed Carrots, or Salad, or PB&J	<b>Taco Tuesday:</b> Seasoned Ground Beef or Beans with Corn Chips, Sour Cream, Shredded Cheese, and Salsa, or Salad, or PB&J	Tomato Soup with a Grilled Cheese Sandwich, or Salad, or PB&J	BBQ Pulled Pork on a WG Bun with Coleslaw, 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	3	4	5	6	7
L u n c h	<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> French Toast Sticks with Maple Syrup, or WG Cereal with Milk; Fruit	<b>Breakfast Tornado:</b> Egg, Cheese, and Turkey Sausage Roll-Up, 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	Meatless Baked Ziti with Breadsticks, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J	Chicken or Veggie Patty on a WG Roll with Oven Fries, or Salad, or PB&J	<b>Breakfast for Lunch:</b> Pancakes with Hash Browns and Sausage, or Salad, or PB&J	Cheese Pizza Bites with Marinara 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.