

Swift River School Menu - November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
r e a k f a s	October 31	1	2	3	4
	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Hot Breakfast: French Toast Sticks with Maple Syrup, or WG Cereal with Milk; Fruit	Breakfast Tornado: Egg, Cheese, and Turkey Sausage Roll-Up, or WG Cereal with Milk; Fruit or Juice	Granola Day: 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 Bun with Oven Fries, or Salad, or PB&J	Breakfast for Lunch: Pancakes with Hash Browns and Sausage, or Salad, or PB&J	Cheese Pizza Bites with Marinara Sauce, or Salad, or PB&J
	7	8	9	10	11
r e a k f a s	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	WG Banana Bread, or WG Cereal with Milk; Fruit	Bagel Day: WG Bagel with Cream Cheese, or WG Cereal with Milk; Fruit or Juice	<i>Veterans Day</i>
	Pesto Pasta with Mozzarella Cheese, or Salad, or PB&J	BBQ Chicken Strips with Hash Brown Casserole, or Salad, or PB&J	Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J	Salisbury Steak with Mashed Potatoes, or Salad, or PB&J	<i>No School</i>
L u n c h	14	15	16	17	18
	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: Apple Cinnamon Muffin, or WG Cereal with Milk; Fruit	Smoothie Day: Berry Smoothie with a Granola Bar, or WG Cereal with Milk; Fruit	Hot Breakfast: Sausage on a Biscuit, or WG Cereal with Milk; Fruit	Granola Day: Yogurt with Granola, or WG Cereal with Milk; Fruit
L u n c h	Homemade Mac and Cheese with Steamed Broccoli, or Salad, or PB&J	Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Sour Cream, Shredded Cheese, and Salsa, or Salad, or PB&J	Chicken Nuggets with Tater Tots, or Salad, or PB&J	Vegetable Soup with a Grilled Cheese, or Salad, or PB&J	Pizza Day: Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J
	21	22	23	24	25
B r e a k f a s t	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	<i>Thanksgiving</i>		<i>Recess</i>
	Spaghetti with Meatballs or Veggie Meatballs and Breadsticks, or Salad, or PB&J	Turkey Fricasse with Mashed Potatoes, Green Bean Casserole, Stuffing, and Cranberry Sauce, or Salad, or PB&J	<i>No School</i>		<i>No School</i>
r e a k f a s	28	29	30		
	Cereal Day: Assorted WG Cereals with Milk; Fruit	Muffin Day: Chocolate Chip Muffin, or WG Cereal with Milk; Fruit	Smoothie Day: Berry Smoothie with a Granola Bar, or WG Cereal with Milk; Fruit		
L u n c h	Garlic Egg Noodles with a Chicken or Veggie Patty, or Salad, or PB&J	Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J	Cheeseburger or Veggie Cheeseburger on a WG Bun with Smiley Fries, 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.