

## Swift River School Menu - September 2021

	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	August	30	August	31	September	1	September	2	September	3
	<b>WELCOME</b>		<b>BACK!</b>		Cereal Day: Assorted WG Cereals with Cheesesticks & Juice		WG Muffin with Fruit		Cereal Day: Assorted WG Cereals with a Cheesestick & Juice	
Lunch	<b>WE ARE SO HAPPY</b>		<b>TO SEE YOU!!!</b>		Turkey & Cheese on WG Bread with Chips, Carrots & Hummus		Cheeseburger on a WG Bun with BBQ Baked Beans, French Fries & Green Beans		Pizza Bites with Marinara & Roasted Broccoli	
	September	6	September	7	September	8	September	9	September	10
Breakfast	<i>Labor Day!</i>		Cereal Day: Assorted WG Cereals with a Cheesestick & Juice		WG Smiley Bar & Fruit		WG Bagel & Cream Cheese with Fruit		Cereal Day: Assorted WG Cereals with a Cheesestick & Juice	
	<b>No School!</b>		Pesto Pasta with Garlic Knots & Peas		Hot Dog on a WG Roll with Chips & Cucumber/Tomato Salad		WG Chicken Patty on a WG Bun with Smiley Fries, Carrots & Bean Salad		Pizza Day: Pizza Slice (Cheese, Pepperoni, or Veggie) with Broccoli	
Lunch	September	13	September	14	September	15	September	16	September	17
	Cereal Day: Assorted WG Cereals with a Cheesestick & Juice		WG Muffin with Fruit		WG Smiley Bar & Fruit		WG Bagel & Cream Cheese with Fruit		Cereal Day: Assorted WG Cereals with Grahams & Juice	
Lunch	Homemade Mac and Cheese with Pulled Pork, Corn Bread & Green Beans		Fish & Fries with Cole Slaw		Meatballs with Marinara and Cheese on a WG Bun with Carrot Sticks & Hummus		Chicken Stir-Fry over Rice with Mixed Veggies		Pizza Quesadilla with Roasted Broccoli	
	September	20	September	21	September	22	September	23	September	24
Breakfast	Cereal Day: Assorted WG Cereals with a Cheesestick & Juice		WG Muffin with Fruit		WG Smiley Bar & Fruit		WG Bagel & Cream Cheese with Fruit		Cereal Day: Assorted WG Cereals with a Cheesestick & Juice	
	Pasta with Meat Sauce & Roasted Carrots		Chicken Tenders with Fries & Green Beans		Cheese Quesadillas with Corn & Bean Salad		BBQ Ranch Chicken Sandwich with Carrots		Mozzarella Sticks with Marinara & Roasted Broccoli	
Lunch	September	27	September	28	September	29	September	30	October	1
	Cereal Day: Assorted WG Cereals with a Cheesestick & Juice		WG Muffin with Fruit		WG Smiley Bar & Fruit		WG Bagel & Cream Cheese with Fruit		Granola with Low-Fat Yogurt & Fruit	
Lunch	Pesto Pasta with Garlic Knots & Peas		Chicken & Cheese Burrito with Salsa, Sour Cream & Seasoned Beans		Grilled Cheese with French Fries & Carrots		Salisbury Steak with Mashed Potatoes & Corn		Pizza Bites with Marinara & Roasted Broccoli	

**Breakfast and Lunch are available at no charge - Veggies, Fruit & Milk are offered with every lunch - Fruit & Milk are offered with every breakfast - Salads 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 in accordance with 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.