



FEBRUARY 2022

Swift River Elementary

Breakfast & Lunch are FREE for ALL STUDENTS

Breakfast offer with choice of 1% or fat free white milk.
Lunch offered with choice of 1% or fat free white milk
Or fat free chocolate milk
Lactaid milk available upon request
Milk with home lunch costs \$.50(fifty cents)

Monday

Tuesday

Wednesday

Thursday

Friday



LUNCH **1**
Asian Chicken with
Lo Mein Longevity Noodles &
Mixed veggies & spring roll

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

LUNCH **2**
Spaghetti & Meatballs,
Served with Vegetables
Fruit

Alt: WG maple pancakes or waffles,
2oz sunflower seeds & Cheese Stick

LUNCH **3**
Pizza Thursday,
Cheese Pizza, Veggie Sticks & dip
School baked WG Treat

Alt: 4oz Yogurt cup & WG snack
with Veggie Sticks & dip

LUNCH **4**
Burger Day:
Hamburger, Whole Grain roll,
Lettuce, Tomato,
Pickles, chips
Alt: Deli Sandwich & Cheese stick,
WG snack

LUNCH **7**
Fish Sticks Monday
Oven fries, tartar sauce

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

LUNCH **8**
Corn Dogs, Baked Beans
& Veggie sticks & Dip
Fruit

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

LUNCH **9**
Mac & Cheese
Served with Vegetables
Fruit

Alt: WG maple pancakes or waffles,
2oz sunflower seeds & Cheese Stick

LUNCH **10**
Max Sticks, & Marinara Sauce
Veggies
School baked WG Treat


Alt: 4oz Yogurt cup & WG Snack
with Veggies

LUNCH **11**
Chicken Patty
Whole Grain roll,
Lettuce, Tomato,
Pickles, chips
Alt: Deli Sandwich & Cheese stick,
WG snack



LUNCH **14**
Chicken Tenders with
Butter Noodles & Vegetables
Fruit

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit



LUNCH **15**
Breakfast for Lunch
Sausage, French Toast Sticks, Hash
browns, & Fruit

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

LUNCH **16**
Pasta with Chicken
Alfredo Sauce
Served with Broccoli &
Fruit

Alt: WG maple pancakes or waffles,
2oz sunflower seeds & Cheese Stick

LUNCH **17**
Pizza Thursday,
Cheese Pizza, Veggie Sticks & dip
School baked WG Treat

Alt: 4oz Yogurt cup & WG snack
with Veggie Sticks & dip

LUNCH **18**
Hot Dogs on WG Bun, vegetarian
baked beans & Fruit

Alt: Deli Sandwich & Cheese stick,
WG snack

No School **21**
February
Recess

No School **22**
February
Recess

No School **23**
February
Recess

No School **24**
February
Recess

No School **25**
February
Recess

LUNCH **28**
Warm WG Pretzel & Cheese
Served with mixed veggies
Fruit

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit



Menu is subject to change.

Grades 1-3 FREE Breakfast & Lunch

Grades 1-3 offer daily in school entrée & entrée alternative:

Choices comes with ½ cup fruit, vegetable, and or milk from main menu

This institution is an equal opportunity provider

Breakfast Choices: **Monday:** Muffin or Roll, **Tuesday:** Chef's Choice, **Wednesday:** Quick Bread, **Thursday:** WG Pastry, **Friday:** Multi Grain Breakfast Bar: **All juice is 100% juice, each breakfast comes with ½ cup fruit, fruit Juice & or milk & All options are made using Whole Grain**