



JANUARY 2022

Swift River School

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)

Monday	Tuesday	Wednesday	Thursday	Friday
No School 3	LUNCH 4 Soft Taco Day, Seasoned Chicken Lettuce, tomato, Cheese & Salsa, Corn & Beans Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 5 Spaghetti & Meatballs, Served with Mixed Veggies & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH 6 Pizza Thursday, Cheese Pizza, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH 7 Fish Sticks Friday Oven fries, tartar sauce Alt: Deli Sandwich & Cheese stick, WG snack
LUNCH 10 Chicken nuggets Oven Fries, Mixed Veggies, Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH 11 Pizza Quesadilla & Pepper strips & fruit Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 12 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, chips Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH 13 Max Sticks, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH 14 Chicken Patty on a Whole Grain roll, Lettuce, Tomato, Pickles, chips Alt: Deli Sandwich & Cheese stick, WG snack
No School 17 Martin Luther King Day observed	LUNCH 18 Crunchy Taco Day, Seasoned Beef Lettuce, tomato, Cheese & Salsa, Corn & Garlicky Black beans Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 19 Chicken Tenders with Butter Noodles & Mixed Vegetables, & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH 20 Pizza Thursday, Cheese Pizza, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH 21 Fish Sticks Friday Oven fries, tartar sauce Alt: Deli Sandwich & Cheese stick, WG snack
LUNCH 24 Chicken & Rice Pilaf Mixed Vegetables, & Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH 25 Hot Dog on a Whole Grain bun, Vegetarian baked beans & Corn Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 26 Pasta with Chicken Alfredo Sauce Served with Broccoli & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH 27 Mozzarella Stick with marinara Pepper strips & fruit School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH 28 Chicken Sandwich on a WG bun Served with oven fries & Fruit Alt: Deli Sandwich & Cheese stick, WG snack
LUNCH 31 Popcorn Chicken, Mashed Potatoes, Gravy & Corn, 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 Meal, **Tuesday:** Cinnamon Roll or Bar, **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**

