



PAY FOR MEALS ONLINE  
MySchoolBucks.com

# NOVEMBER 2021

## Swift River School

Breakfast & Lunch are FREE for ALL STUDENTS ALL YEAR

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

#### LUNCH

##### Chicken Parmesan **1**

Served with Pasta and garden salad, Fruit

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

#### LUNCH

##### Popcorn Chicken, **8**

Oven Fries, Mixed Veggies, Fruit

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

#### LUNCH

##### Tangerine Chicken **15**

Brown Rice, Veggie Eggroll, Fruit

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

#### LUNCH

##### Sloppy Joe Boat **22**

Served on a grilled Hot Dog roll, WG chips, Veggie sticks & Fruit

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

#### LUNCH

##### Breakfast for Lunch **29**

Sausage, French Toast Sticks, Hash browns  
Orange juice

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

### Tuesday

## No School **2**

Professional Development day

#### LUNCH

##### Meatball Grinder, on a WG roll **9**

Cheese, garden salad, & Fruit

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

#### LUNCH

##### Crunchy Taco Day, Seasoned chicken **16**

Lettuce, tomato, Cheese & Salsa, Corn & Bean Salad

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

#### LUNCH

Toasted Cheese & tomato Soup  
With baby carrots and Fruit

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

#### LUNCH

##### Tater Tot Nachos "Tatchos" **30**

Ground beef, Cheese, salsa, sour cream, & black beans

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

### Wednesday

#### LUNCH

##### Chicken Noodle Soup & Salad **3**

Served with WG roll, Fresh Fruit

Alt: WG maple pancakes or waffles, & 2oz sunflower butter

#### LUNCH

##### Mac & Cheese, **10**

Served with carrot coins & Fruit

Alt: WG maple pancakes or waffles, 2oz sunflower butter

#### LUNCH

##### Turkey Dinner **17**

Served with mashed potatoes, gravy, stuffing, Seasonal Vegetables  
Cinnamon Apples

Alt: WG maple pancakes or waffles, 2oz sunflower butter

## No School **24**

### Thursday

#### LUNCH

Pizza Thursday, **4**  
Cheese Pizza, Veggie Sticks & dip  
School baked WG cookie

Alt: 2oz Hummus cup with veggie sticks & WG cracker, 4oz yogurt

## No School **11**

Veteran's Day Observed

#### LUNCH

##### Max Sticks, with Marinara **18**

Mixed vegetables, Fruit

Alt: 2oz Hummus cup with veggie sticks & WG cracker, 4oz yogurt

## No School **25**

### Friday

#### LUNCH

Deli Sandwich Day **5**  
Ham or Turkey & Cheese, Whole Grain roll, Lettuce, Tomato, Pickles, WG chips

Alt: Sunbutter & Jelly Uncrustable, Cheese stick, WG snack

#### LUNCH

Burger Day: **12**  
Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, potato chips

Alt: Sunbutter & Jelly Uncrustable, Cheese stick, WG snack

#### LUNCH

##### Warm WG Pretzel & Cheese **19**

Served with mixed veggies & Ice Cream treats

Alt: Sunbutter & Jelly Uncrustable, Cheese stick, WG snack

## No School **26**



Menu is subject to change.

Grades 1-3 FREE Breakfast & Lunch

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

Choices comes with 1/2 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:** Warm Pastry, **Friday:** Multi Grain Breakfast Bar: All juice is 100% juice, each breakfast comes with 1/2 cup fruit, fruit juice & or milk & All options are made using Whole Grain