



FEBRUARY 2023

Swift River Elementary

Free Breakfast & Lunch

Breakfast offer with choice of 1% 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



Lunch **6**

Chicken Patty On a roll
Lettuce, tomato, & pickles,
Chips & fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

Tuesday



Lunch **7**

Breakfast for Lunch
Waffles, Sausage, Hash Browns,
Juice, & fruit
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Wednesday

Lunch **1**

Munchie Basket, mozzarella sticks,
chicken nuggets & tater tots
Alt: WG 2ozCereal meal, Cheese
stick, Fruit

Thursday

Lunch **2**

Pizza Thursday,
Cheese Pizza, Mixed Veggie
WG Treat & Fruit
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Friday

Lunch **3**

Burger Day, with Lettuce, tomato,
pickles, cheese, oven fries,
Fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

Lunch **13**

Fish Nuggets & Fries with
Coleslaw & Tartar Sauce
Alt: WG 2ozCereal meal, Cheese
stick, Fruit

Lunch **14**

Taco Day, Seasoned Beef
Lettuce, Tomato, Cheese & Salsa,
& Beans
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Lunch **15**

Pasta with Marinara & Cheese
With garlic bread
Mixed Veggies & Fruit
Alt: WG 2ozCereal meal, 4oz
juice, Cheese stick, Fruit

Lunch **16**

Pizza Thursday,
Cheese Pizza, Mixed Veggie
WG Treat & Fruit
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Lunch **17**

Warm Pretzel & Cheese Sauce
Mixed veggies & fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

No School **20**

No School **21**

No School **22**

No School **23**

No School **24**

LUNCH **27**

Hot Dog on a whole-wheat bun
Baked beans, veggies & fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

Lunch **28**

Italian Dunkers (Garlic Bread stick,
mozzarella cheese & Marinara)
Mixed Veggies & Fruit
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & 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 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, **Wednesday:** Quick Bread
Thursday: WG 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