



Jan. 2019



Swift School Menu

	Mon	Tue	Wed	Thu	Fri
W K 3				3 Waffle Stick String Cheese Taco Soup, Baked Tostitos, Spinach Edamame Salad, Shredded Cheese, Brownie	4 Chocolate Chip Muffin, String Cheese 4x6 Pizza, Corn Veggie/dip, Mini Rice Krispy
W K 4	7 Ham, Biscuit Hot Dog on Bun, Baked Beans, Roasted Broccoli, Doritos	8 Breakfast Pizza, String Cheese Cheesy Chicken, Brown Rice, Roll, Green Beans, Cherry Tomatoes	9 Blueberry Muffin, Vanilla Yogurt, Granola Breaded Chicken Sandwich, French Fries, Let/Tom, Pickles, Goldfish	10 Scrambled Eggs, Cheese Grits, Toast Pizza Crunchers, Marinara, Garden Salad, Green Peas, Cookie	11 Mini Maple Pancake Wrap, Yogurt Turkey and Cheese Sandwich, Sunchips, Veggie/Dip, Gogurt
W K 1	14 Mini Pancakes, String Cheese Cheeseburger or Hamburger, French Fries, Let./Tom., Doritos, Pickles	15 Biscuit, Sausage Taco Salad, Baked Tostitos, Pinto Beans, Let./Tom., Brownie Shredded Cheese, Sour Cream, Taco Sauce	16 Breakfast Pizza, String Cheese Chicken Bites, Mashed Potatoes, Cooked Carrots, Roll ALT. MEAL CHEF SALAD	17 Cinnamon Roll, Ham Crispitos, Corn, Spinach Edamame Salad, Cheese Sauce	18 Choc Chip Muffin, Asst. Yogurt, Granola Round Cheese Pizza, Green Beans, Veggie/Dip, Mini Rice Krispy Treat
W K 2	21 King/Lee Holiday	22 Pancake/Sausage on a stick Breaded Chicken Sandwich, Let./Tom., Sweet Potato Fries, Pickles, Goldfish	23 Mini Bagels, String Cheese Chili, Grilled Cheese, Shredded Cheddar Cheese, Celery Sticks and Cherry Tomatoes	24 Chicken Biscuit Scrambled Eggs, Sausage Links, Biscuit, Hash Browns, Fruitables Juice Box	25 Banana Muffin, Vanilla Yogurt, Granola Cheese Sticks, Marinara, Green Peas, Cherry Tomatoes,
W K 3	28 Mini French Toast, Eggs Ham/Cheeseburger, Let./Tom, French Fries, Sunchips	29 Poptart, Yogurt Lasagna Roll, Roll, Salad, California Blend, Chocolate Pudding	30 Sausage Biscuit Grilled Chicken Sandwich, Potato Wedges, Doritos, Pickles ALT. MEAL CHEF SALAD	31 Waffle Sticks, String Cheese Taco Soup, Baked Tostitos, Shredded Cheddar Cheese, Spinach Edamame Salad, Brownie	

FRUIT & FRUIT JUICE SERVED WITH EVERY BREAKFAST, MILK/FRUIT WITH EVERY MEAL
This institute is an Equal Opportunity Provider. Menu is subject to change due to availability of products.