


NO BILLS LARGER THAN A \$10.00 CAN BE ACCEPTED, Thank-you !

September 2019

Swift School Menu

	Mon	Tue	Wed	Thu	Fri
					
Wk 4	2 Labor Day Holiday	3 Breakfast Pizza, String Cheese Cheesy Chicken, Rice, Green Beans, Cherry Tomatoes, Roll	4 Blueberry Muffin, Yogurt, Granola Breaded Chicken Sandwich, French Fries, Let/Tom, Pickles, Goldfish	5 Eggs, Cheese Grits, Toast Ham and Cheese Wrap, Sunchips, Raw Veggies/Hummus, Yogurt	6 Mini Pancake Wraps, Yogurt Pizza Cruncher, Marinara, Green Peas, Salad, Cookie
Wk 1	9 Mini Pancakes, Sting Cheese Hamburger/Cheeseb urger, Let/Tom, French Fries, Doritos, Pickles	10 Biscuit, Sausage Taco Salad, Tostitos, Pinto Beans, Let/Tom, Shredded Cheese, Brownie	11 Breakfast Pizza, String Cheese Chicken Bites, Mashed Potatoes, Baby Carrots, Roll	12 Cinnamon Roll, Ham Crispito, Corn, Spinach Edamame Salad, Cheese Sauce	13 Chocolate Chip Muffin, Yogurt, Granola Cheese Pizza, Veggies/Dip, Mini Rice Krispy Treat, Green Beans
Wk 2	15 Pancake on a Stick Breaded Chicken Sandwich, Tater Tots, Let/Tom, Pickles, Goldfish	16 Chicken, Biscuit Scrambled Eggs, Biscuit, Hashbrown, Veggie Juice, Mandarin Oranges, Sausage Links	17 Dutch Waffle, Cheese Stick BBQ Pork Sandwich, Baked Beans, Celery/Cherry Tomatoes, Cookie Alt: Chef Salad	18 Cinni Mini's, String Cheese Chicken Wings, Mac and Cheese, Roll, Green Beans, Baby Carrots/Dip	19 Banana Muffin, Yogurt, Granola Cheese Sticks, Marinara, Green Peas, Hummus, Raw Veggies
Wk 3	23 Mini French Toast, Eggs Hamburger/cheeseb urger, Let/Tom, French Fries, Pickles, Sunchips	24 Soft Cereal Breakfast Bar, Yogurt Spaghetti, Roll, Salad, Broccoli w/cheese, Chocolate Pudding	25 Biscuit, Sausage Chicken Tenders, Mini Waffles, Hashbrown, Veggie Juice,	26 Waffle Sticks, String Cheese Chicken Fajita Wrap, Tostitos, Pinto Beans, Let/Tom, Brownie	27 Chocolate Chip Muffin, String Cheese Pizza, Corn, Mix Veggie/Dip, Juice cup
Wk 4	30 Biscuit, Ham Corndog, Baked Beans, Roasted Broccoli, Doritos				

FRUIT AND FRUIT JUICE ARE SERVED WITH EVERY BREAKFAST MILK SERVED WITH EVERY MEAL.

This institution is an equal opportunity provider. Menu subject to change due to availability of products.

