

WE CANNOT ACCEPT BILLS LARGER THAN A \$10.00 BILLS



Oct. 2019

Swift School Menu

	Mon	Tue	Wed	Thu	Fri
Wk 4	<p>Chef Salad Meal consists of Lettuce, Assorted Vegetables Meat Cheese Goldfish, Croutons Fruit is optional</p>	<p>1 Breakfast Pizza, String Cheese</p> <p>Cheesy Chicken, Brown Rice, Green Beans, Cherry Tomatoes, Roll</p>	<p>2 Blueberry Muffin, Yogurt, Granola</p> <p>Breaded Chicken Sandwich, French Fries, Let/Tom, Pickles, Goldfish</p>	<p>3 Cheese Grits, Scrambled Eggs, Toast</p> <p>Ham and Cheese Wrap, Sunchips, Raw Veggie, Hummus Yogurt</p> <p>Alt: Chef Salad</p>	<p>4 Mini Pancake Wrap, Yogurt</p> <p>Pizza Cruncher, Marinara, Green Peas, Salad, Cookie</p>
Wk 1	<p>7 Mini Pancake, String Cheese</p> <p>Hamburger/ Cheeseburger, Let/Tom, French Fries, Doritos, Pickles</p>	<p>8 Sausage Biscuit</p> <p>Taco Salad, Tostitos, Pinto Beans, Brownie, Lett/Tomatoes, Shredded Cheese</p>	<p>9 Breakfast Pizza String Cheese</p> <p>Chicken Bites, Mash Potatoes, Carrots/Dip, Roll</p>	<p>10 Cinnamon Roll, Ham</p> <p>Crispitos, Corn, Spinach Edamame Salad, Cheese Sauce,</p>	<p>11 No School</p> <p>Professional Development</p>
Wk 2	<p>14 No School</p>	<p>15 Chicken, Biscuit</p> <p>Scrambled Eggs, Biscuit, Hashbrown, Veggie Juice, Mandarin Oranges, Sausage Links</p>	<p>16 Dutch Waffle, Cheese Stick</p> <p>BBQ Pork Sandwich, Baked Beans, Celery/Cherry tomatoes, Cookie</p>	<p>17 Cinni Minis, String Cheese</p> <p>Chicken Wings, Mac and Cheese, Roll, Green Beans, Carrots/Dip</p>	<p>18 Banana Muffin, Yogurt, Granola</p> <p>Cheese Sticks, Marinara, Green Peas, Veggies, Hummus</p> <p>Alt: Baked Potato Meal</p>
Wk 3	<p>21 Mini French Toast, Eggs, Syrup</p> <p>Ham/Cheeseburger, French Fries, Pickles, Lett/Tom, Sunchips</p>	<p>22 Soft Cereal Bar, Yogurt</p> <p>Spaghetti, Roll, Garden Salad, Broccoli with Cheese, Chocolate Pudding</p> <p>Alt: Chef Salad</p>	<p>23 Sausage Biscuit</p> <p>Chicken Tenders, Mini Waffles, Hashbrown, Veggie Juice</p>	<p>24 Waffle Sticks, String Cheese</p> <p>Chicken Fajita Wrap, Tostitos, Pinto Beans, Let/Tom, Brownie</p> <p>Atl: Baked PotatoMeal</p>	<p>25 Chocolate Chip Muffin, String Cheese</p> <p>Pizza, Corn, Mix Veggie/Dip, Juice cup</p>
Wk 4	<p>28 Ham Biscuit</p> <p>Corn dog, Baked Beans, Roasted Broccoli, Doritos</p>	<p>29 Breakfast Pizza, String Cheese</p> <p>Cheesy Chicken, Brown Rice, Green Beans, Cherry Tomatoes, Roll</p>	<p>30 Blueberry Muffin, Vanilla Yogurt, Granola</p> <p>Breaded Chicken Sandwich, French Fries, Pickles, Lett/Tomatoes</p>	<p>31 Eggs, Cheese Grits, Toast</p> <p>Ham and Cheese Wraps, Raw Veggies/Hummus, Yogurt, Sunchips</p> <p>Alt: Baked Potato Meal</p>	<p>Baked Potato Meal consists of</p> <p>Baked Potato Shredded Cheese Sour Cream Fruit Margarine</p>

FRUIT & FRUIT JUICE SERVED WITH EVERY BREAKFAST, MILK/FRUIT WITH EVERY MEAL

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