




# Nov. 2019

## Swift School Menu

	Mon	Tue	Wed	Thu	Fri
W K 4	<p><b>A \$10.00 BILL IS THE LARGEST WE CAN ACCEPT AT THE REGISTER</b></p>	<p><b>Chef Salad Meal consists of Lettuce, Assorted Veggies, Meat, Cheese, Croutons, Goldfish, Fruit is optional</b></p>			<p>1 Mini Pancake Wrap Yogurt</p> <p>Pizza Cruncher, Marinara, Green Peas, Salad, Cookie</p>
W K 1	<p>4 Mini Pancakes, String Cheese</p> <p>Ham/Cheese Burger, French Fries, Doritos, Pickles, Lett/Tom</p>	<p>5 Sausage Biscuit</p> <p>Taco Salad, Tostitos, Pinto Beans, Lett/Tom/Cheese, Brownie</p>	<p>6 Breakfast Pizza, String Cheese</p> <p>Chicken Bites, Mash Potatoes, Cooked Carrots, Roll</p> <p><b>Alt: Chef Salad</b></p>	<p>7 Cinnamon Roll, Ham</p> <p>Crispito, Corn, Spinach Edamame Salad, Cheese Sauce</p>	<p>8 Choc Chip Muffin, String Cheese</p> <p>Cheese Pizza, Steamed Broccoli, Veggie/Dip, Mini Rice Krispy</p>
W K 2	<p>11 <b>VETERANS DAY</b></p> 	<p>12 Chicken, Biscuit</p> <p>Beef Chili, Grilled Cheese, Celery/Cherry tomato, Shredded cheese</p>	<p>13 Banana Muffin, Granola, Yogurt</p> <p>Cheese Sticks, Marinara, Green Peas, raw Veggies, Hummus</p>	<p>14 Cheese Grits, Eggs, Toast</p> <p>Chicken Wings, Mac and Cheese, Roll, Green Bean, Raw baby carrots</p>	<p>15 Dutch Waffle, String Cheese</p> <p>Scrambled Eggs, Biscuit, Hashbrown, Veggie Juice, Mandarin Oranges, Sausage Links</p>
W K 3	<p>18 Mini French toast, Scrambled Eggs</p> <p>Ham/Cheeseburger, French Fries, Pickles, Sunchips</p>	<p>19 Sausage Biscuit</p> <p>Turkey, Dressing, Gravy, Mashed Potatoes, Green Bean, Roll, Baked Sweet Potato</p>	<p>20 Soft filled Cereal bar, Yogurt</p> <p>Lasagna Roll, Salad, California Blend, Chocolate Pudding,</p>	<p>21 Waffle Sticks, String Cheese</p> <p>Taco Soup, Tostitos, Spinach Edamame Salad, Shredded cheese, Brownie</p>	<p>22 Chocolate Chip Muffin, string Cheese</p> <p>Cheese/Pepperoni Pizza, Corn, Raw Veggies Juice cup,</p>
W K	25	26	27	28	30

**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.**