



January

Swift School Menu

	Mon	Tue	Wed	Thu	Fri
Wk					
WK3	6 Sorry, We can not take any money larger than a \$10.00	7 Soft Cereal Ber, Yogurt Lasagna Roll, Roll, Salad, California Blend, Chocolate Pudding	8 Sausage, Biscuit Chicken Tenders, Mini Waffles, Hashbrown, Veggie Juice	9 French Toast Sticks, String Cheese Taco Soup, Tostitos, Spinach Edamame Salad, Shredded Cheese, Brownie	10 Chocolate Chip Muffin, String Cheese Pizza, Corn, Mix Veggies/dip, Frozen Juice Cup
WK4	13 Ham, Biscuit Hot Dog, Baked Beans, Roasted Broccoli, Doritos	14 Breakfast Pizza, String Cheese Cheesy Chicken, Rice, Green Beans, Cherry Tomatoes, Roll	15 Blueberry Muffin, Granola, Yogurt Breaded Chicken Sandwich, French Fries, Lett/Tom, Pickles, Goldfish	16 Cheese Grits, Eggs, Toast Hot Turkey and Cheese on Ciabetta, Sunchips, Mix Veggies, Hummus, Yogurt Alt. Baked Potato Meal	17 Mini Pancake Wrap, Yogurt Pizza Crunchers, Marinara, Green Peas, Salad, Cookie
WK1	20 King/Lee Holiday	21 Sausage, Biscuit Taco Salad, Tostitos, Pinto Beans, Let/Tom, Brownie	22 Breakfast Pizza, String Cheese Chicken Bites, Mashed Potatoes, Cooked Carrots, Roll	23 Cinnamon Roll, Ham Crispitos, Corn, Spinach Edamame Salad, Cheese Sauce	24 Chocolate Chip Muffin, Yogurt, Granola Cheese Pizza, Steamed Broccoli, Raw veggies/Dip, Mini Rice Krispy treat
WK2	27 Pancake on a Stick Breaded Chicken Sandwich, Tater tots, Let/Tom, Pickles, Goldfish	28 Chicken Biscuit Chili, Grilled Cheese, Celery/Cherry Tomato, Shredded Cheese	29 Dutch Waffle, Cheese Stick Scrambled Eggs, Biscuit, Hashbrown, Veggie Juice, Mandarin Oranges, Sausage link	30 Cinni Mini, String Cheese Chicken Wings, Mac and Cheese, Green Beans, Raw Carrots, Roll	31 Banana Muffin, Yogurt, Granola Cheese Stick, Marinara, Green Peas, Raw Veggie, Hummus

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.