

Feb. 2020

Swift School Menu

	Mon	Tue	Wed	Thu	Fri
	<p>Sorry, we can not take any Bills larger than a \$10.00</p>		<p>Chef Salad meal consists of Assorted Lettuce, Tomatoes, Cucumbers, Assorted Raw Veggies, Croutons, 2 oz. meat, 1 oz cheese, Goldfish</p>		<p>Baked Potato Meal consists of, Baked Potato, 2 oz Cheese, Fruit, Sour Cream and Butter</p>
W K 3	<p>3 Mini French Toast, Scrambled Eggs</p> <p>Hamburger or Cheeseburger, Let/Tom, French Fries, Pickles, Sunchips</p>	<p>4 Soft Cereal Bar, Yogurt</p> <p>Lasagna Roll, Roll, California Blend, Salad, Chocolate Pudding</p>	<p>5 Sausage, Biscuit</p> <p>Chicken Tenders, Mini Waffles, Hashbrown, Veggie Juice</p>	<p>6 Waffle Sticks, String Cheese</p> <p>Taco Soup, Tostitos, Spinach Edamame Salad, Shredded Cheese, Brownie</p>	<p>7 Chocolate Chip Muffin, String Cheese</p> <p>Pizza, Corn, Mix Veggies/Dip, Frozen Juice Cup</p>
W K 4	<p>10 Ham, Biscuit</p> <p>Hot Dog, Baked Beans, Roasted Broccoli, Doritos</p>	<p>11 Breakfast Pizza, String Cheese</p> <p>Cheesy Chicken, Rice, Green Beans, Cherry Tomatoes, Roll</p>	<p>12 Blueberry Muffin, Granola, Yogurt</p> <p>Breaded Chicken Sandwich, French Fries, Let/Tom, Pickles, Goldfish</p>	<p>13 Cheese Grits, Eggs, Toast</p> <p>Hot Ham and Cheese on Ciabetta, Sunchips, Mix Veggies, Hummus, Yogurt</p> <p>Alt: Baked Potato Meal</p>	<p>14 Mini Pancake Wrap, Yogurt</p> <p>Pizza Crunchers, Marinara, Green Peas, Salad, Cookie</p>
W K 1	<p>17 Mini Pancakes, String Cheese</p> <p>Hamburger or Cheeseburger, Let/Tom, French Fries, Pickles, Doritos</p>	<p>18 Sausage, Biscuit</p> <p>Taco Salad, Tostitos, Pinto Beans, Let/Tom, Brownie</p>	<p>19 Breakfast Pizza, String Cheese</p> <p>Chicken Bites, Mashed Potatoes, Cooked Carrots, Roll</p> <p>ALT: Chef Salad</p>	<p>20 Cinnamon Roll, Ham</p> <p>Crispitos, Corn, Spinach Edamame Salad, Cheese Sauce</p>	<p>21 Chocolate Chip Muffin, Yogurt, Granola</p> <p>Cheese Pizza, Steamed Broccoli, Raw Veggies/Dip, Mini Rice Krispy Treat</p>
W K 2	<p>24 NO SCHOOL</p>	<p>25 NO SCHOOL</p>	<p>26 Dutch Waffle, Cheese Stick</p> <p>Scrambled Eggs, Biscuit, Hashbrown, Veggie Juice, Mandarin Oranges, Sausage Links</p>	<p>27 Cinni Mini, String Cheese</p> <p>Chicken Wings, Mac and Cheese, Green Beans, Raw Carrots, Roll</p>	<p>28 Banana Muffin, Yogurt, Granola</p> <p>Cheese Stick, Marinara, Green Peas, Raw Veggie, Hummus</p>

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

This institute is an Equal Opportunity Provider. Menu is subject to change due to availability of products.

