



MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

MAY 2022

Swift River Elementary

Breakfast & Lunch are Free

Breakfast offer with choice of 1% white milk. Lunch offered with choice of 1% or fat free white milk Or fat free chocolate milk Lactaid milk available upon request Milk with home lunch costs \$.50(fifty)

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH 2 Ham Deli sandwich Chips, Mixed Veggies, Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH 3 Quesadilla Day, Sour Cream & Salsa, Corn & beans Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 4 Spaghetti & Meatballs, Served with Mixed Veggies & Fruit Alt: Pancake meal	LUNCH 5 Pizza Thursday, Cheese Pizza, Caesar Salad WG Treat Alt: 4oz Yogurt cup & WG snack with Caesar Salad	LUNCH 6 Hot Dogs on WG Bun, Vegetarian Baked beans & Fruit Alt: Deli Sandwich Meal
LUNCH 9 Warm WG Pretzel & Cheese Served with mixed veggies Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH 10 Breakfast for Lunch Maple Waffles, Sausage, Home Fries, & Juice Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 11 Garlic Butter Noodles & Chicken Tenders Served with Mixed Veggies & Fruit Alt: Pancake meal	LUNCH 12 Pizza Thursday, Cheese Pizza, Veggie sticks WG Treat Alt: 4oz Yogurt cup & WG snack with veggie sticks	LUNCH 13 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, chips Alt: Deli Sandwich Meal
LUNCH 16 Corn Dogs, Baked Beans Veggies & Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH 17 Crunchy Taco Day, Seasoned beef Lettuce, tomato, Cheese & Salsa, Corn & beans Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 18 Asian chicken & rice Served with Mixed Veggies & Fruit Alt: Pancake meal	LUNCH 19 Pizza Thursday, Cheese Pizza, Caesar Salad WG Treat Alt: 4oz Yogurt cup & WG snack with Caesar Salad	LUNCH 20 Chicken Patty on a Whole Grain roll, Lettuce, Tomato, Pickles, chips Alt: Deli Sandwich Meal
LUNCH 23 Chicken nuggets Oven Fries, Mixed Veggies, Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH 24 Mozzarella Sticks & Marinara Veggie Sticks Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH 25 Mac & Cheese Served with spring veggies & Fruit Alt: Pancake meal	LUNCH 26 Pizza Thursday, Cheese Pizza, veggie sticks WG Treat Alt: 4oz Yogurt cup & WG snack with veggie sticks	LUNCH 27 Fish Sticks Friday Oven fries, tartar sauce, & fruit Alt: Deli Sandwich Meal
No School Memorial Day 30	LUNCH 31 Turkey Deli sandwich Chips, Mixed Veggies, Fruit Alt: 2oz WG bagel w/cream cheese, 4oz yogurt			

Menu is subject to change.

Grades 1-3 FREE Breakfast & Lunch

Grades 1-3 offer daily in school entrée & entrée alternative:

Choices comes with 1/2 cup fruit, vegetable, and or milk from main menu

This institution is an equal opportunity provider

Breakfast Choices: Monday: Muffin Meal, Tuesday: Cinnamon Roll, Wednesday: Quick Bread Thursday: WG Pastry, Friday: Multi Grain Breakfast Bar: All juice is 100% juice, each breakfast comes with 1/2 cup fruit, fruit juice & or milk & All options are made using Whole Grain