

February 2020

Swift Middle School Lunch

LUNCH



School Information: Daily Milk Choices: Low Fat, Skim, Non-Fat Chocolate, Non-Fat Strawberry, and Non-Fat Cookies and Cream
School Breakfast Cost \$2.00
School Lunch Cost \$3.25



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate

Monday

Pasta w/ Meat Sauce **3**
WW Dinner Roll
Broccoli Florets
Fresh or Canned Fruit Choice

Tuesday

Hot Dog on a Whole Wheat Bun **4**
Oven Baked French Fries
Sliced Carrots
Fresh or Canned Fruit Choice

Wednesday

Chicken Nacho Supreme **5**
Diced Tomatoes, Olives, Salsa, & Brown Rice
Refried Beans
Rainbow Vegetable Tray
Fresh or Canned Fruit Choice

Thursday

National Pancake Month!! **6**
Maple Glazed Pancakes w/ Syrup & Chicken Sausage Links
Apple Crisp
Orange Glazed Carrots
Fresh or Canned Fruit Choice

Friday

Cheesy Dunkers w/ Marinara Dipping Sauce **7**
Tossed Garden Salad
Fresh or Canned Fruit Choice

Cheesy Baked Mozzarella **10**
Sticks w/ Marinara Dipping Sauce
Green Beans
Fresh or Canned Fruit Choice

Taco Tuesday!! **11**
Twin Beefy Tacos w/ Lettuce, Tomato, Cheese & Brown Rice
Refried Beans
Fresh or Canned Fruit Choice

Turkey Sausage, Egg, & Cheese on a Toasted Whole Grain Croissant **12**
Potato Puffs & Sliced Carrots
Fresh or Canned Fruit Choice

Asian Glazed Chicken with Vegetable Fried Rice **13**
Broccoli Florets
Fresh or Canned Fruit Choice

Oven Baked Cheese Pizza **14**
Caesar Salad
Fresh or Canned Fruit Choice

17

Presidents Day!!

No School

18

No School!

Chicken Nuggets w/ Dipping Sauce **19**
Potato Rounds
Green Beans
Fresh or Canned Fruit Choice

WG French Toast Sticks w/ Syrup & Chicken Sausage Links **20**
Apple Crisp
Orange Glazed Carrots
Fresh or Canned Fruit Choice

Cheesy Baked Stuffed Crust Pizza **21**
Caesar Salad
Fresh or Canned Fruit Choice

Corn Dog Nuggets w/ Creamy Low Fat Macaroni & Cheese **24**
Broccoli Florets
Fresh or Canned Fruit Choice

Cheeseburger on a WW Bun, Lettuce & Tomato **25**
Oven Baked French Fries
Baked Beans
Fresh or Canned Fruit Choice

Toasted Cheese Sandwich w/ Homemade Chicken and Vegetable Soup **26**
Potato Puffs & Sliced Carrots
Fresh or Canned Fruit Choice

Pasta w/ Meatballs **27**
Whole Wheat Breadstick
Freshly Roasted Zucchini
Fresh or Canned Fruit Choice

Big Daddy's Cheese Pizza **28**
Tossed Salad
Fresh or Canned Fruit Choice

All meals include your choice of milk, fruit, and vegetables!!

Rainbow Vegetable tray offered daily at lunch!

Menu Subject to Change

This is an Equal Opportunity Institution

