

March 2020



Swift Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Crispy Chicken Patty on a WW Bun Baked Potato Puffs Green Beans	3 Hot Dog on a Whole Wheat Bun Oven Baked French Fries Broccoli Florets	4 Chicken Nacho Supreme Diced Tomatoes, Olives, Salsa, & Brown Rice Refried Beans Rainbow Vegetable Tray	5 Maple Glazed Pancakes w/ Syrup & Chicken Sausage Links Apple Crisp Roasted Butternut Squash	6 Cheesy Dunkers w/ Marinara Dipping Sauce Caesar Salad
9 Pasta w/ Meat Sauce WW Garlic Breadstick Broccoli Florets	10 <u>Taco Tuesday!!</u> Twin Beefy Tacos w/ Lettuce, Tomato, Cheese & Brown Rice Refried Beans	11 Toasted Cheese Sandwich w/ Homemade Chicken and Vegetable Soup Potato Puffs & Sliced Carrots	12 Baked Chicken Tenders w/ Dipping Sauce Fluffy Mashed Potatoes Roasted Chickpeas	13 Oven Baked Cheese Pizza Tossed Garden Salad
16 Cheeseburger on a WW Bun, Lettuce & Tomato Sweet Potato Fries Baked Beans	17 Popcorn Chicken Bowl w/ Mashed Potatoes, Corn, & Gravy	18 Cheesy Baked Mozzarella Sticks w/ Dipping Sauce Broccoli Florets	19 WG French Toast Sticks w/ Syrup & Chicken Sausage Links Apple Crisp Orange Glazed Carrots	20 Cheesy Baked Stuffed Crust Pizza Caesar Salad
23 Corn Dog Nuggets Creamy Low-Fat Macaroni & Cheese Broccoli Florets	24 Asian Glazed Chicken Vegetable Fried Rice Freshly Sautéed Green Beans	25 Turkey Sausage, Egg & Cheese on a Toasted Whole Grain Croissant Potato Puffs Rainbow Vegetable Tray	26 Pasta w/ Meatballs Whole Wheat Breadstick Greek Cucumber Salad	27 Big Daddy's Cheese Pizza Tossed Garden Salad
30 Crispy Chicken Patty on a WW Bun Buffalo Cauliflower	31 Hot Dog on a Whole Wheat Bun Oven Baked French Fries Broccoli Florets	<p>March is National Nutrition Month!</p> <p>Food and Nutrition Services will feature a new vegetable recipe each week in all cafeterias to celebrate!</p> <p>All meals include your choice of milk, fruit and vegetables!</p> <p>Rainbow Vegetable Tray offered daily at lunch!</p>		

School Information:

Daily Milk Choices: Low Fat, Skim, and Fat-Free Flavored Milk

School Breakfast Cost \$2.00

School Lunch Cost \$3.25

This institution is an equal opportunity provider

Menu is subject to change

