

September 2020



Swift Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Labor Day No School</p>	<p>8</p> <p>Hot Dog on a Whole Wheat Bun Oven Baked French Fries Sweet & Savory Baked Beans</p>	<p>9</p> <p>Chicken Quesadilla w/ Seasoned Brown Rice Corn</p>	<p>10</p> <p>Baked Chicken Tenders w/ a Dinner Roll and Dipping Sauce Fluffy Mashed Potatoes Broccoli Florets</p>	<p>11</p> <p>Big Daddy's Pizza Tossed Salad</p>
<p>14</p> <p>Corn Dog Nuggets Creamy Low-Fat Macaroni & Cheese Green Beans</p>	<p>15</p> <p>Asian Glazed Chicken Vegetable Fried Rice Corn</p>	<p>16</p> <p>Pasta with Meat Sauce Whole Wheat Breadstick Broccoli Florets</p>	<p>17</p> <p>Turkey Sausage, Egg & Cheese on a Toasted Whole Grain Croissant Potato Puffs Sliced Carrots</p>	<p>18</p> <p>Oven Baked Cheese Pizza Caesar Salad</p>
<p>21</p> <p>Toasted Cheese Sandwich Sliced Carrots</p>	<p>22</p> <p>Crispy Chicken Patty on a Whole Wheat Bun Green Beans Baked Potato Rounds</p>	<p>23</p> <p>Cheesy Baked Mozzarella Sticks w/ Marinara Sauce Broccoli Florets</p>	<p>24</p> <p>Cheeseburger on a WW Bun Oven Baked French Fries Sweet and Savory Baked Beans</p>	<p>25</p> <p>Cheesy Baked Stuffed Crust Pizza Caesar Salad</p>
<p>28</p> <p>Hot Dog on a Whole Wheat Bun Sweet Potato Fries Sweet & Savory Baked Beans</p>	<p>29</p> <p>Chicken Quesadilla w/ Seasoned Brown Rice Corn</p>	<p>30</p> <p>No School</p>	<p>All meals include your choice of milk, fruit and vegetables <u>This is an equal opportunity institution</u> Daily Menu Options Include: Assorted Salads, Deli Sandwiches, and Pizza</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 is an equal opportunity institution

Menu is subject to change due to supply chain availability