

SEPTEMBER 2021

Swallow School

	Monday	Tuesday	Wednesday	Thursday	Friday
4			Grilled Cheese Sandwich Chicken Patty	Cheese Pizza Hamburger/Cheeseburger	Hot Dog Veggie Burger
			Tator Tots Tomato Soup Chocolate Chip Cookie	Green Beans Tomato & Zucchini Salad	Mac n Cheese Baked Beans Ice Cream
	NO SCHOOL	Beef & Cheese Nachos Hamburger/Cheeseburger Hummus Veggie Tray Rice Corn Niblets	Vegetarian Pasta Bake Chicken Patty Ham & Cheese Sub Garlic Toast Broccoli	Cheese or Pepperoni Pizza Hamburger/Cheeseburger Roasted Cauliflower 3 Bean Salad	Pulled Pork Yogurt Pak Roasted Potatoes Vegetable Medley
	Pancakes & Sausage Breakfast Sandwich Garden Taco Salad Hashbrowns Cinnamon Apples	Turkey Asian Meatballs Hamburger/Cheeseburger Hummus Veggie Tray Brown Rice Mixed Vegetables Rice Krispy Treat	Macaroni & Cheese Chicken Patty Ham & Cheese Sub Sweet Potato Fries Green Beans	Cheese or Sausage Pizza Hamburger/Cheeseburger Broccoli Macaroni Salad	EARLY RELEASE NO LUNCH SERVICE
	Chicken Strips Breakfast Sandwich Garden Taco Salad French Fries Peas	2 Beef Tacos Hamburger/Cheeseburger Hummus Veggie Tray Corn & Rice Bake Beans Dessert	Spaghetti Marinara Chicken Patty Ham & Cheese Sub Breadstick Broccoli	Cheese or Pepperoni Pizza 3 Hamburger/Cheeseburger Honey Dilled Carrots Cauliflower Salad	Cheesebread with Marina 124 Sloppy Jo Noodles Mixed Vegetables
	Mini Corn Dogs Breakfast Sandwich Garden Taco Salad Roasted Sweet Potatoes Mixed Vegetables	Bean & Cheese Burrito Hamburger/Cheeseburger Hummus Veggie Tray Chips & Salsa Corn & Bean Salad	Eggplant Parmesan Chicken Patty Ham & Cheese Sub Pasta Italian Vegetables Sugar Cookie	Cheese or Sausage Pizza 30 Hamburger/Cheeseburger Green Beans Broccoli Salad	

** Lunches include the fruit and vegetable bar. **

^{**} Fruit and vegetable bar available as an ala carte option. **