

OCTOBER 2023

Swallow School

New for 23-24: Hamburger/Cheeseburger and Chicken Patty will be served as daily entrée options in addition to the 2 entrees listed below

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Strips Yogurt Pak	Turkey Tetrazzini Taco Salad	2 Beefy Tacos Chicken Salad Croissant	Cheese or Pepperoni Pizza Ham & Cheese Bagel Sandwich	BBQ Riblet Sandwich Crispy Chicken Wrap
French Fries Broccoli	Dinner Roll Peas	Chips & Salsa Corn & Refried Beans	Garlic Bread Green Beans	Peas Scalloped Potatoes Ice Cream
Grilled Cheese Fun Lunch	Orange Chicken Taco Salad	Baked Ziti Chicken Salad Croissant	Cheese or Sausage Pizza Ham & Cheese Bagel Sandwich	Hot Dog Crispy Chicken Wrap
Tator Tots Tomato Soup Brownie	Rice Confetti Corn	Breadstick Cauliflower Cookie	Pasta Green Beans	Au Gratin Potatoes Broccoli Pudding Cup
Sam Stolzman's Lunch Choice Macaroni & Cheese	Chicken Nuggets	Spaghetti Marinara	Cheese or Pepperoni Pizza	French Toast Sticks & Sausage
Fun Lunch	Taco Salad	Chicken Salad Croissant	Ham & Cheese Bagel Sandwich	Crispy Chicken Wrap
Sweet Potatoes Broccoli	French Fries Green Beans	Garlic Toast Roasted Cauliflower Dessert	Buttered Noodles Mixed Vegetables	Hashbrowns Cinnamon Apples Brownie
				Avery Stolzman's Lunch Choice
Cheesebread Fun Lunch	Meatballs with Gravy Taco Salad	Walking Taco Chicken Salad Croissant	26	27
Garlic Toast	Mashed Potatoes Carrot Coins	Spanish Rice Cowboy Beans	NO SCHOOL	NO SCHOOL
Pancakes & Eggs Fun Lunch	Chicken Alfredo Taco Salad			
Hashbrowns Cinnamon Applesauce	Rotini Green Beans			

Menu subject to change due to supply shortages

Fun Lunch = Sun Butter and Jelly Sandwich, Graham Crackers & String Cheese

^{**} Lunches include the fruit and vegetable bar **

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