

Swedesboro-Woolwich Elementary Lunch Menu

DAILY ALTERNATES:

Cereal & Yogurt
PB & J Sandwich

Daily Fruit Offerings:

Fresh, Cupped, 100% Juice
All Salads Come With a Grain.

Milk: Skim White, Chocolate, Strawberry, 1% White, Lactaid

Monday-September 2	Monday-September 3	Wednesday-September 4	Thursday-September 5	Friday-September 6
Pizza Dippers w/ Marinara Sauce Cup Chicken Patty on a Bun Spinach Berry Splash Salad <u>Sides:</u> Green Beans Cukes w/ Hummus/Ranch	Meatball Parmesan On a Torpedo Roll Hot Dog on a Bun Garden Salad w/ Egg <u>Sides:</u> Peas-Welcome Back Cookie Carrots w/ Hummus/Ranch	French Toast Sticks w/ Turkey Sausage Hot Ham & Cheese on a Bun Buffalo Chicken Salad <u>Sides:</u> Hash Brown Patties Celery w/ Hummus/Ranch	Popcorn Chicken w/ a Dinner Roll Grilled Cheese Sandwich Chef Salad <u>Sides:</u> Cheesy Broccoli Broc Bites w/ Hummus/Ranch	Cheese Pizza By The Slice Turkey & Cukes Pinwheels Tuna Salad Hoagie <u>Sides:</u> Caesar Salad Mixed Patch w/Hummus/Dip
Monday-September 9	Tuesday-September 10	Wednesday-September 11	Thursday-September 12	Friday-September 13
Hot Egg & Cheese On a Biscuit Chicken Patty on a Bun Spinach Berry Splash Salad <u>Sides:</u> Tator Tots Cukes w/ Hummus/Ranch	Taco Twins w/ Corn Shells & Toppings Hot Dog on a Bun Garden Salad w/ Egg <u>Sides:</u> Corn Carrots w/ Hummus/Ranch	Mozzarella Sticks w/ Brown Rice Hot Ham & Cheese on a Bun Buffalo Chicken Salad <u>Sides:</u> Spinach Celery w/ Hummus/Ranch	Chicken Tenders w/ Pasta & Parmesan Grilled Cheese Sandwich Chef Salad <u>Sides:</u> Veggie Medley Broc Bites w/ Hummus/Ranch	Cheese Pizza By The Slice Turkey & Cukes Pinwheels Tuna Salad Hoagie <u>Sides:</u> Garden Salad Mixed Patch w/Hummus/Dip
Monday-September 16	Tuesday-September 17	Wednesday-September 18	Thursday-September 19	Friday-September 20
Cheese Quesadilla w/ Salsa & Sour Cream Chicken Patty on a Bun Spinach Berry Splash Salad <u>Sides:</u> Corn Cukes w/ Hummus/Ranch	Chicken Egg Rolls w/ Seasoned Brown Rice Hot Dog on a Bun Garden Salad w/ Egg <u>Sides:</u> Steamed Broccoli Carrots w/ Hummus/Ranch	Three-Cheese Burger On a Bun Hot Ham & Cheese on a Bun Buffalo Chicken Salad <u>Sides:</u> Baked Beans Celery w/ Hummus/Ranch	Chicken Cheese Steak On a Torpedo Roll Grilled Cheese Sandwich Chef Salad <u>Sides:</u> Tomato & Cucumber Salad Broc Bites w/ Hummus/Ranch	Cheese Pizza By The Slice Turkey & Cukes Pinwheels Tuna Salad Hoagie <u>Sides:</u> Caesar Salad Mixed Patch w/Hummus/Dip
Monday-September 23	Tuesday-September 24	Wednesday-September 25	Thursday-September 26	Friday-September 27
Pizza Bagel Baked w/ Sauce & Cheese Chicken Patty on a Bun Spinach Berry Splash Salad <u>Sides:</u> Carrots-Harvest Pudding Cukes w/ Hummus/Ranch	Nachos Grande w/ Corn Chips & Toppings Hot Dog on a Bun Garden Salad w/ Egg <u>Sides:</u> Veggie Medley Carrots w/ Hummus/Ranch	Buffalo Chicken On a Flatbread Hot Ham & Cheese on a Bun Buffalo Chicken Salad <u>Sides:</u> Green Beans Celery w/ Hummus/Ranch	Pancakes w/ Chicken Sausage Grilled Cheese Sandwich Chef Salad <u>Sides:</u> Potato Smiles Broc Bites w/ Hummus/Ranch	Cheese Pizza By The Slice Turkey & Cukes Pinwheels Tuna Salad Hoagie <u>Sides:</u> Garden Salad Mixed Patch w/Hummus/Dip
Monday-September 30				
Grilled Cheese Sandwich Chicken Patty on a Bun Spinach Berry Splash Salad <u>Sides:</u> Peas & Carrots Cukes w/ Hummus/Ranch				

This institution is an equal opportunity provider.