



Swan Valley High School Breakfast & Lunch Menu

September - November 2019

Full price for breakfast is \$1.60. Offered with breakfast: milk, fruit juice, fresh or canned fruit. Full price for lunch is \$2.10. Offered daily with lunch: assorted fresh, frozen and canned vegetables, assorted fresh, frozen and canned fruits, choice of milk (1% white, 1% chocolate or 1% strawberry). Milk sold as a la carte is .60. Free & Reduced price meals available to qualified families. USDA is an equal opportunity provider & employer.

		Monday	Tuesday	Wednesday	Thursday	Friday
MAIN LINE	Week 1	WG Chicken Parmesan (16/3) with WG Penne Pasta w/Sauce (19/2) WG Garlic Bread Stick (28/3) Garden Salad (3/2) w/Choice of Dressing (8)	Beef (5/2) & Cheese (3) Nachos w/WG Corn Tortilla Chips (21/2) Assorted Toppings & Salsa (4) Fiesta Taco Beans (20/4)	WG Tyson Chicken Nuggets (20/3) Mashed Potatoes (23/1) w/Gravy (10) WG Dinner Roll (24/5)	WG Apple Cinnamon French Toast (45/2) w/Syrup 2 Turkey Sausage Patties (0) Tri Tators (13/1) or Sliced Cucumbers (2) w/Dip (8)	WG Crazy Cheesy Bread (30/2) with Marinara Dipping Sauce (4) Steamed Broccoli (3/1)
	Week 2	Creamy Chicken Alfredo (10) over WG Twisted Pasta (40/4) WG Bosco Bread Stick (17/2) Garden Salad (3/2) w/Choice of Dressing (8)	Chicken Fajita (2) on WG Soft Tortilla (19/2) Side of Corn Chips (10/1) & Salsa (4) Refried Beans (16/4) w/Cheese	Turkey and Gravy (2) over Mashed Potatoes (23/1) Peas & Carrots (9/3) WG Dinner Roll (24/5)	2 for 1 Chili (6) Cheese (2) Dogs (2) on WG Buns (42) with Fries (16/1) or Celery Sticks (2/1) w/Dip (8)	WG Texas Toasted Cheese (2) Sandwich on WG Bread (38/4) Tomato Soup (30) w/Cheddar Goldfish Crackers (14/1) Green Beans (5/2)
	Week 3	Spaghetti (40/4) with Meat Sauce (9/2) WG Garlic Bread Stick (28/3) Garden Salad (3/2) w/Choice of Dressing (8)	Tangerine Chicken (25/2) over Brown Rice (23/2) Asian Blend Vegetables (3/1) WG Muffin (28/1)	WG Tyson Chicken Tenders (21/4) Mashed Potatoes (23/1) w/Gravy (10) WG Dinner Roll (24/5)	WG Mini Turkey Corn Dogs (33/3) Oven Fries (16/1) or Vegetarian Baked Beans (26/6)	WG Bosco Cheese Sticks (34/4) with Marinara Dipping Sauce (4) Golden Corn (16/1)
PIZZA LINE	Week 1	Little Caesar's WG Cheese or Pepperoni* Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Chicken Patty (16/3) or Spicy Chicken Patty (17/3) on WG Bun (29/2) w/Oven Fries (16/1) or Fiesta Taco Beans (20/4)	WG Tyson Chicken Nuggets (20/3) Mashed Potatoes (23/1) w/Gravy (10) WG Dinner Roll (24/5)	Viking Burger (3/2) on WG Bun (29/2) with Assorted Toppings Oven Fries (16/1) or Sliced Cucumbers (2) w/Dip (8)	Little Caesar's WG Cheese or Pepperoni* Pizza (30/3) Steamed Broccoli (3/1)
	Week 2	Little Caesar's WG Cheese or Pepperoni* Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Chicken Patty (16/3) or Spicy Chicken Patty (17/3) on WG Bun (29/2) w/Oven Fries (16/1) or Refried Beans (16/1) w/Cheese	Popcorn Chicken (20/3) Bowl with Mashed Potatoes (14/1), Gravy (10) & Corn ((15/2) WG Roll (24/5)	Viking Burger (3/2) on WG Bun (29/2) with Assorted Toppings Oven Fries (16/1) or Celery Sticks (2/1) w/Dip (8)	Little Caesar's WG Cheese or Pepperoni* Pizza (30/3) Green Beans (5/2)
	Week 3	Little Caesar's WG Cheese or Pepperoni* Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Chicken Patty (16/3) or Spicy Chicken Patty (17/3) on WG Bun (29/2) w/Oven Fries (16/1) or Asian Blend Vegetables (3/1)	WG Tyson Chicken Tenders (21/4) Mashed Potatoes (23/1) w/Gravy (10) WG Dinner Roll (24/5)	Viking Burger (3/2) on WG Bun (29/2) with Assorted Toppings Oven Fries (16/1) or Vegetarian Baked Beans (26/6)	Little Caesar's WG Cheese or Pepperoni* Pizza (30/3) Golden Corn (16/1)
Breakfast Menu	Pancake & Sausage* on a Stick (18/2)	WG Turkey Bacon, Egg & Cheese Breakfast Pizza (25/2)	Turkey Sausage (0), Egg (1) & Cheese (1) on a WG Bagel (28/4)	WG Turkey Sausage Breakfast Pizza (27/3)	WG Cinnamon Pancakes (35/2) with Turkey Sausage (0)	

September 2019

Mo	Tue	We	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2019

Mo	Tue	We	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2019

Mo	Tue	We	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

9/2/19: Labor Day-No School
 10/7/19: Teacher In-Service Day-No School
 11/27/19- Teacher In-Service Day-No School
 11/28-11/29: Thanksgiving Holiday-No School

Menu subject to change without notice.

*Product may contain Pork.
 Numbers after menu items indicate (grams of carbohydrate/grams of fiber).