

Μ	Tu	W	Th	F
28	29	30	1	2
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
Sausage Bits,	Scrambled Eggs,	Oatmeal, Granola or	Muffins, Cereal, Fruit	Sausage Gravy &
Cereal, Fruit, Milk	Bacon, Toast, Fruit,	Breakfast Bar, Fruit,	Milk	Biscuits, Sausage
LUNCH:	Milk	Milk	LUNCH:	Patties, Fruit, Milk
Chili Con Carne,	LUNCH:	LUNCH:	Cheeseburger	LUNCH: Grilled
Corn, Garlic Bread,	Burritos, Taco Rice,	Ham & Cheese	Casserole, Green	Cheese Sandwich,
Fruit or Veggie, Milk	Mexican Rice, Fruit	Sliders, Waffle Fries,	Beans, Fruit or	Tomato or Chicken
	or Veggie, Milk	Fruit or Veggie, Milk	Veggie, Milk	Noodle Soup, Fruit
				or Veggie, Milk
5	6	7	8	9
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
Yogurt, Cereal, Fruit	French Toast Sticks,	Scrambled Eggs,	Donuts, Oatmeal,	Sausage, Egg &
Milk	Fruit, Milk	Sausage Links,	Fruit, Milk	Cheese Biscuits,
LUNCH:	LUNCH:	Hash Browns, Fruit,	LUNCH:	Fruit, Milk
Crispitos, Taco Rice,	Hot Dogs w/Chili,	Milk	French Bread Pizza,	LUNCH:
Mexican Corn, Fruit	Baked Beans,	LUNCH: Chicken	Garlic & Butter	Grilled Chicken
or Veggie, Milk	Chips, Fruit or	Ranch Casserole,	Noodles, Fruit or	Sandwich, Oven
	Veggie, Milk	Carrots, Tossed	Veggie, Milk	Potatoes, Green
		Salad, Fruit or		Beans, Fruit or
		Veggie, Milk		Veggie, Milk
12	13	14	15	16
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
Muffins, Oatmeal,	Pancakes or a Stick,	Oatmeal, Cereal,	Waffles, Bacon,	Scrambled Eggs,
Fruit, Milk	Granola or Breakfast	Fruit, Milk	Fruit, LUNCH:	Sausage Links, Hash
LUNCH:	Bar, Fruit, Milk	LUNCH: Sliced Ham	Pulled Pork, Potato	Brown Patties, Fruit,
Chicken Spaghetti,	LUNCH:	& Turkey, Mashed	Cakes, Peas, Fruit	Milk
Carrots, Tossed	Manwiches, French	Potatoes, Stuffing,	or Veggie, Milk	LUNCH: Walking
Salad, Fruit or	Fries, Baked Beans,	Creamed Corn,		Tacos, Taco Rice,
Veggie, Milk	Fruit or Veggie, Milk	Green Bean		Mexican Corn, Fruit
		Casserole, Dinner		or Veggie, Milk
		Rolls, Dessert, Milk		
19	20	21	22	23



An alternate lunch option will be available for all grades. Lunch items will be: 2 Slice of whole wheat bread, 2 oz. peanut butter, 2 oz jelly, applesauce, baby carrots, cheese stick.

Swedeborg Elementary

This institution is an equal opportunity provider. Up Dated 1/01/2022 Menu Subject to Change Based on Product Availability An alternate lunch option will still be available for  $3^{\rm rd}\text{-}8^{\rm th}$  grades. Lunch items will be:

2 slices whole wheat bread, 2 oz peanut butter, applesauce, carrot sticks, cheese sticks