

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Food and International Flavors \$2.75	Baked Penne, Oven Roasted Zucchini, Mini Cheese Stuffed Breadstick	Picnic Bowl BBQ Chicken Chunks Side of Macaroni and Cheese, Baked Beans Whole Grain Dinner Roll	Bosco Cheese Stuffed Bread Sticks, Mariana Sauce Seasoned Green Beans,	Chicken Soft Tacos, Fiesta Rice, Corn Sour Cream	Double Dog Day! Two Hot Dogs on Whole Grain Buns and Oven Fries
 Fresh Hot Sandwiches \$2.75	Rib B Q Sandwich on Whole Grain Bun Or Grilled Chicken on Whole Grain Bun Fresh Romaine Lettuce & Tomato Topping	<i>Pizza Panini</i> OR <i>Cheeseburger on Whole Grain Bun</i> Fresh Romaine Lettuce & Tomato Topping	Bacon Cheese Burger on Whole Grain Bun OR Grilled chicken Sandwich Fresh Romaine Lettuce & Tomato Toppings	Grilled Chicken Cordon Bleu Panini Or Cheese Burger on Whole Grain Bun Fresh Romaine Lettuce & Tomato Toppings	Pulled BBQ Pork Sandwich on Whole Grain Bun OR Fish Sandwich on Whole Grain Bun Fresh Romaine Lettuce & Tomato Toppings
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.75 Roma Herb Cheese Blend	Ham & Bacon Pizza	Sausage Pizza	Old School Pepperoni Pizza	Supreme Pizza	Pepperoni Pizza
 Your Pick Fresh Made Daily Salads and Sandwiches \$3.00	Fresh Protein Salad this week Tuna Salad	Fresh Made Salads with your choice of toppings and Whole Grain Roll	Featuring: □ Fresh Veggies □ Variety of Cheeses □ Variety Meats and Protein Salads -Whole Grain Breads ,Rolls and Wraps	Freshly Prepared Deli Style Sandwiches and Salads	Made to Order! Just the way you like it!
 Fresh Food Fast- Packaged for Grab N' Go \$3.00	Chicken Cob Wrap, Fresh Fruit and Whole Grain Mini Rice Krispie Treat Deli Chef Salad with Croutons and Gripz Fruit Yogurt Parfait w/ Homemade Granola Topping	Tuna Salad on Whole Grain Bread, Fresh Fruit, Pretzels Chicken Caesar Pasta Salad on a bed of Fresh Spinach Fruit Yogurt Parfait w/ Homemade Granola Topping	Chicken Cob Wrap, Fresh Fruit and Whole Grain Mini Rice Krispie Treat Deli Chef Salad with Croutons and Gripz Fruit Yogurt Parfait w/ Homemade Granola Topping	Tuna Salad on Whole Grain Bread, Fresh Fruit, Pretzels Chicken Caesar Pasta Salad on a bed of Fresh Spinach Fruit Yogurt Parfait w/ Homemade Granola Topping	Chicken Cob Wrap, Fresh Fruit and Whole Grain Mini Rice Krispie Treat Deli Chef Salad with Croutons and Gripz Fruit Yogurt Parfait w/ Homemade Granola Topping
Join Us For Breakfast! Stop in and check out the other breakfast choices Breakfast includes Milk, Juice and Fruit Choice \$1.25, .30 cents reduced	Sausage and Gravy Breakfast Pizza OR Bagel & Cream Cheese	Ham & Cheese on English Muffin OR Bagel & Cream Cheese	Chicken-n-Biscuit Breakfast Sandwich OR Bagel & Cream Cheese	Scrambled Eggs and Bacon Pizza OR Bagel & Cream Cheese	Ham & Cheese on English Muffin OR Bagel & Cream Cheese

Each Student Lunch includes a choice of entrée, milk choice Chocolate Fat Free or Low Fat White and choice of three fruit/vegetable side dishes.

Questions, comment or concerns please contact Chris Wilson chris.wilson@swantonschools.org 419 826-3045 In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture; Office of the Assistant Secretary for Civil Rights; 1400 Independence Avenue, SW; Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.