

**SAU #93 Monadnock Regional
School District MENU
600 Old Homestead Highway
Swanzy NH 03446
(603) 903-6818**

All Meals Subject to Changes

This institution is an Equal Opportunity Provider

MAY 16-31, 2022

Monday, MAY 16

Breakfast
Manager's Breakfast
Fruit of the Day
Milk

Lunch
French Toast
Breakfast Sausages
Hash Browns
Fresh Fruit Choices
Milk

- Middle & High school
Breakfast Sandwich

Tuesday MAY 17

Breakfast
Cereal Bar
Baked Cracker
Fruit of the Day
Milk

Lunch
Hotdog & Roll
Baked Beans
Tossed Salad &
Dressing
Baked Chip
Sliced Watermelon
Milk

Wednesday, MAY 18

Breakfast
Yogurt
Blueberries
Granola
Milk

Lunch
Chicken & Gravy
Mashed Potato
Butternut Squash
Warm Roll
Fresh Fruit Choices
Milk

Thursday, MAY 19

Milk
WG Breakfast Muffin
Fresh Apple Slices
Milk

Lunch
Mac & Cheese
Steamed Broccoli
Warm Pretzel & Dip
Fresh Fruit Choices
Milk

Friday, MAY 20

Breakfast
WG Crumb Cake
Fruit of the Day
Milk

Lunch
Cheese Bosco Sticks
Marinara Sauce Cup
Baby Carrots &
Fresh Fruit Choices
Milk

Monday, MAY 23

Breakfast
Breakfast Cereal
Animal Crackers
Fruit of the Day
Milk

Lunch
Chicken Quesadilla
Steamed Broccoli
Rice Pilaf
100% Fruit Slush
Milk

Tuesday, MAY 24

Breakfast
Breakfast Cereal Bar
Animal Crackers
Fruit of the Day
Milk

Lunch
Spaghetti & Meat sauce
Garlic Bread
Green Beans
Fresh Fruit Choices
Milk

Wednesday, MAY 25

Breakfast
Breakfast Muffin
Fruit of the Day
Milk

Lunch
Hot Ham & Cheese
Flatbread
Baked Chip
Dragon Punch
Fresh Fruit Choices
Milk

Thursday, MAY 26

Breakfast
WG donut Stick
String Cheese
Fruit of the Day
Milk

Lunch
Manager's Choice
Veggie of the Day
Fresh Fruit Choice
WG Cookie
Milk

Friday, MAY 27

Breakfast
Manager's choice
Fruit of the Day
Milk

Lunch
Cheese Pizza
Veggie of the Day
Fresh Fruit Choices
Milk

TUESDAY, MAY 31

Breakfast
WG cereal
Animal Crackers
Fruit of the Day
Milk

Lunch
Grilled Cheese
Tomato Soup
Veggie of the Day
Chex Mix
Fresh Fruit Choices
Milk

- Meal Prices:** Breakfast & lunches will be provided at no cost to students for this school year.

Free and Reduced Meals

The USDA (United States Department of Agriculture) released nationwide waivers extending flexibilities for the Seamless Summer Option (SSO) through June 30, 2022.

SSO is a federally funded program that provides free Breakfast & Lunch meals to all students regardless of their family income level.

This is a further extension of the program that provided meals over the last school year.

There is no paperwork required for families to complete to receive these free meals.

However, if a student would normally qualify for free or reduced lunch, we are encouraging all families to still please apply. It helps the District in receiving funding and could possibly make families eligible for other State & Federal benefits.

Applications can be easily completed at <https://family.titank12.com/>

