

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

All Meals Subject to Changes

This institution is an Equal Opportunity Provider

September 13-24, 2021

Monday, Sept 13

Breakfast

Breakfast Cereal

Poptart or Crackers
Fruit of the Day
Milk

Lunch

Hamburg & Bun

Cheese Lettuce,
Tomato
Baked Chips
Fresh Apple
Milk

Tuesday, Sept 14

Breakfast

CC Muffin

100% Juice
Milk

Lunch

Chicken Salad & Roll

Corn Salad
Watermelon
Frozen Juice Treat
Milk

Wednesday, SEPT 15

Breakfast

Breakfast Cereal

Nutrigrain Bar
Raisins & Juice
Milk

Lunch

Cheese Quesadilla

Corn Chips & Salsa
Pepper Strips
Fresh Peaches
Milk

Thursday, SEPT 16

Breakfast

Fruit Frudel

Chilled Pears
Milk

Lunch

French Toast Sticks

Sausage links
Baby Carrots
Banana
Milk

Friday, SEPT 17

Breakfast

Breakfast Bread

Fruit of the Day
Milk

LUNCH

Cheese Pizza

Tossed Salad
Dressing
Clementine's
Milk

Monday, SEPT 20

Breakfast

Breakfast Cereal

Crackers
Chilled Peaches
Milk

Lunch

Hotdog & Bun

Veggies & Dip
Baked Chips
Fresh Apple
Milk

Tuesday, SEPT 21

Breakfast

Breakfast Pastry

Chilled Peaches
Milk

Lunch

Chicken Tenders

Rice Pilaf
Green Beans
Fruit of the Day
Milk

Wednesday, SEPT 22

Breakfast

Manager's Breakfast

Orange Smiles

Lunch

Pasta & Meatsauce

Tossed Salad &
Dressing
Melon
Milk

Thursday, SEPT 23

Breakfast

Breakfast Bread

Mixed Fruit Cup
Milk

Lunch

Chicken & Gravy

Mashed Potato
Broccoli
Warm roll
Juice 100%
Milk

Friday, SEPT 24

Breakfast

Muffin of the Day

Orange Juice
Milk

LUNCH

Tuna Salad & Roll

Vegetable Sticks
Ranch
Fruit of the Day
Mini Ice cream
Sandwich
Milk Choice

- 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/>

Direct Cafeteria Contact Numbers

- Cutler School (603) 355-3132
- Emerson School (603) 585-6006
- Gilsum School (603) 903-6818
- Mt. Caesar School (603) 903-6531
- Troy School (603) 242-6564
- Monadnock MS HS (603) 903-6806
- Main Office (603) 903-6818**