

#### Swift Venturing Menu Week 1 June 11-17, 2017



| Sunday              | Monday                                | Tuesday                 | Wednesday              | Thursday              | Friday                                | Saturday            |
|---------------------|---------------------------------------|-------------------------|------------------------|-----------------------|---------------------------------------|---------------------|
| 6/11/2017           | 6/12/2017                             | 6/13/2017               | 6/14/2017              | 6/15/2017             | 6/16/2017                             | 6/17/2017           |
|                     | Egg Patty                             | French Toast            | Biscuits               | Pancakes              | Cheesy Scrambled Eggs                 | French Toast Sticks |
|                     | Sausage Patty                         | Sausage Patties         | Sausage Gravy          | Sausage Links         | Bacon                                 | Maple Links         |
|                     | Biscuit                               | Butter/Syrup            | Hashbrown Patties      | Butter/Syrup          | Coffeecake                            | Butter Syrup        |
|                     | Shredded Hashbrowns                   |                         |                        |                       |                                       |                     |
|                     | Oatmeal Bar                           | Oatmeal Bar             | Oatmeal Bar            | Oatmeal Bar           | Oatmeal Bar                           | Oatmeal Bar         |
|                     | Yogurt                                | Yogurt                  | Yogurt                 | Yogurt                | Yogurt                                | Yogurt              |
|                     | Fresh Fruit                           | Fresh Fruit             | Fresh Fruit            | Fresh Fruit           | Fresh Fruit                           | Fresh Fruit         |
|                     | Cereal                                | Cereal                  | Cereal                 | Cereal                | Cereal                                | Cereal              |
|                     | Coffee, Juice, Milk<br>Chocolate Milk | Coffee, Juice, Milk     | Coffee, Juice, Milk    | Coffee, Juice, Milk   | Coffee, Juice, Milk<br>Chocolate Milk | Coffee, Juice, Milk |
| Staff Lunch:        | Italian Sub                           | Chicken Sandwich        | Meatball Sub           | Pizza                 | Hot Dogs                              |                     |
|                     | Tortillini Salad                      | Ranch Pasta Salad       | Macaroni Salad         | Italian Pasta Salad   | Macaroni & Cheese                     |                     |
|                     | Sugar Cookies                         | Cherry Delight          | Oatmeal Raisin Cookies | Banana Pudding        | Rice Krispie Treats                   |                     |
|                     | Fruit & Salad Bar                     | Fruit & Salad Bar       | Fruit & Salad Bar      | Fruit & Salad Bar     | Fruit & Salad Bar                     | Fruit & Salad Bar   |
|                     | Punch, Milk & Water                   | Punch, Milk & Water     | Punch, Milk & Water    | Punch, Milk & Water   | Punch, Milk & Water                   | Punch, Milk & Water |
|                     |                                       | * Pack Out              |                        | *Pack Out             |                                       |                     |
|                     |                                       |                         | Hucks Cove Dinner      |                       |                                       |                     |
| Spaghetti           | Beef Tacos                            | Pulled Pork on Bun      | Hamburgers             | Turkey                | BBQ Chicken                           |                     |
| Meat Sauce          | Mexican Rice                          | Baked Beans             | Potato Salad           | Mashed Potatoes/Gravy | Augratin Potatoes                     |                     |
| Green Beans         | Refried Beans                         | Corn on Cob             | Watermelon             | Glazed Carrots        | Broccoli                              |                     |
| Rolls/Butter        | Chips/Salsa                           |                         | Fixings Tray           | Sweet Rolls/Margarine | Rolls/Margarine                       |                     |
| S'more Bars         | Peach Cobbler                         | Yellow Cake-White icing | Cherry Orchard Bars    | Juice Bar             | Jello Cake                            |                     |
| Salad Bar           | Salad Bar                             | Salad Bar               |                        | Salad Bar             | Salad Bar                             |                     |
| Punch, Milk & Water | Punch, Milk & Water                   | Punch, Milk & Water     | Punch, Water           | Punch, Milk & Water   | Punch, Milk & Water                   |                     |
|                     |                                       |                         |                        |                       |                                       | 1                   |



## Swift Venturing Menu Week 2 June 18-24, 2017



| Sunday                  | Monday              | Tuesday                               | Wednesday                  | Thursday               | Friday                                | Saturday            |
|-------------------------|---------------------|---------------------------------------|----------------------------|------------------------|---------------------------------------|---------------------|
| 6/18/2017               | 6/19/2017           | 6/20/2017                             | 6/21/2017                  | 6/22/2017              | 6/23/2017                             | 6/24/2017           |
|                         | Pancakes            | Egg Patty                             | French Toast Sticks        | Sausage Gravy          | Scrambled Eggs                        | French Toast        |
| 1                       | Maple Links         | Sausage Patty                         | Bacon                      | Biscuits               | Sausage Patties                       | Sausage Links       |
| 1                       | Butter/Syrup        | Biscuit                               | Butter Syrup               | Hashbrown Patty        | Cinnamon Rolls                        | Butter/Syrup        |
|                         |                     | Shredded Hashbrowns                   |                            |                        |                                       |                     |
|                         | Oatmeal Bar         | Oatmeal Bar                           | Oatmeal Bar                | Oatmeal Bar            | Oatmeal Bar                           | Oatmeal Bar         |
| 1                       | Yogurt              | Yogurt                                | Yogurt                     | Yogurt                 | Yogurt                                | Yogurt              |
| 1                       | Fresh Fruit         | Fresh Fruit                           | Fresh Fruit                | Fresh Fruit            | Fresh Fruit                           | Fresh Fruit         |
|                         | Cereal              | Cereal                                | Cereal                     | Cereal                 | Cereal                                | Cereal              |
|                         | Coffee, Juice, Milk | Coffee, Juice, Milk<br>Chocolate Milk | Coffee, Juice, Milk        | Coffee, Juice, Milk    | Coffee, Juice, Milk<br>Chocolate Milk | Coffee, Juice, Milk |
| Staff Lunch:            | Corn Dogs           | Sloppy Joe                            | Chicken Strips             | Italian Sub            | Pizza                                 |                     |
| Otali Ediloli.          | Macaroni & Cheese   | Coleslaw                              | Macaroni Salad             | Italian Pasta Salad    | Ranch Pasta Salad                     |                     |
|                         | Wasarom & Sheese    | Corn Chips                            | Madarorii dalad            | naman r asta Salad     | Transmir asta Galad                   |                     |
|                         | Sugar Cookies       | Chocolate Chip Cookies                | Rice Krispies              | Carnival Cookies       | Rice Krispie Treats                   |                     |
|                         | Fruit & Salad Bar   | Fruit & Salad Bar                     | Fruit & Salad Bar          | Fruit & Salad Bar      | Fruit & Salad Bar                     |                     |
|                         | Punch, Milk & Water | Punch, Milk & Water                   | Punch, Milk & Water        | Punch, Milk & Water    | Punch, Milk & Water                   |                     |
|                         |                     | * Pack Out                            |                            | * Pack Out             |                                       |                     |
| Caashatti               | Pulled Pork on Bun  | Causaga Danna Dasta                   | Hucks Cove Dinner          | Italian Chicken        | Country Fried Stock                   |                     |
| Spaghetti<br>Meat Sauce | Sidewinders         | Sausage Penne Pasta<br>Broccoli       | Hamburgers<br>Potato Salad | Roasted Red Potatoes   | Country Fried Steak                   |                     |
| Green Beans             | Corn on Cob         | Breadsticks                           | Watermelon                 | Glazed Carrots         | Mashed Potatoes/Gravy Peas            |                     |
| Rolls/Butter            | Com on Cob          | Breadsticks                           |                            |                        |                                       |                     |
| Rolls/Buller            |                     |                                       | Fixings Tray               | Dinner Rolls/Margarine | Sweet Rolls/Margarine                 |                     |
| S'more Bars             | Jello Cake          | Peach Cobbler                         | Brownies                   | Oreo Dream             | White Cake                            |                     |
| Salad Bar               | Salad Bar           | Salad Bar                             | Salad Bar                  | Fruit & Salad Bar      | Fruit & Salad Bar                     |                     |
| Punch, Milk & Water     | Punch, Milk & Water | Punch, Milk & Water                   | Punch, Milk & Water        | Punch, Milk & Water    | Punch, Milk & Water                   |                     |



# Swift Catholic Menu Week 3 June 25- July 1, 2017



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|---|---|--|--|
| 6/26/2017  | 6/27/2017  | 6/28/2017   | 6/29/2017   | 6/30/2017  | 7/1/2017   |
| French Toast<br>Sausage Patties<br>Butter/Syrup            | Biscuits<br>Sausage Gravy<br>Hashbrown Patties   | Cheesy Scrambled Eggs<br>Bacon<br>Coffeecake  | Pancakes<br>Sausage Links<br>Butter/Syrup   | Egg Patty<br>Biscuits<br>Sausage Patty<br>Shredded Hashbrowns  | French Toast Sticks<br>Maple Links<br>Butter Syrup   |
| Oatmeal Bar<br>Yogurt<br>Fresh Fruit<br>Cereal             | Oatmeal Bar<br>Yogurt<br>Fresh Fruit<br>Cereal   | Oatmeal Bar<br>Yogurt<br>Fresh Fruit<br>Cereal  | Oatmeal Bar<br>Yogurt<br>Fresh Fruit<br>Cereal  | Oatmeal Bar<br>Yogurt<br>Fresh Fruit<br>Cereal   | Oatmeal Bar<br>Yogurt<br>Fresh Fruit<br>Cereal   |
| Coffee, Juice, Milk  | Coffee, Juice, Milk  | Coffee, Juice, Milk<br>Chocolate Milk   | Coffee, Juice, Milk   | Coffee, Juice, Milk<br>Chocolate Milk  | Coffee, Juice, Milk  |
| Italian Sub<br>Tortellini Salad                            | Chicken Sandwich<br>Macaroni Salad   | Meatball Sub<br>Ranch Pasta Salad   | Pizza<br>Italian Salad  | Hot Dogs<br>Macaroni & Cheese  |  |
| '  | Fruit & Salad Bar  | Fruit & Salad Bar   | Fruit & Salad Bar   | Rice Krispie Treats Fruit & Salad Bar Punch, Milk & Water  | Fruit & Salad Bar<br>Punch, Milk & Water   |
| Beef Tacos<br>Mexican Rice<br>Refried Beans<br>Chips/Salsa | Pulled Pork on Bun<br>Baked Beans<br>Corn on Cob   | Chicken Alfredo<br>Peas<br>Breadsticks  | Turkey<br>Mashed Potatoes/Gravy<br>Glazed Carrots<br>Sweet Rolls/Margarine  | BBQ Chicken<br>Augratin Potatoes<br>Broccoli<br>Rolls/Margarine  |  |
| Banana Pudding<br>Salad Bar<br>Punch, Milk & Water         | Jello Cake<br>Salad Bar<br>Punch, Milk & Water   | Salad Bar   | Salad Bar   | Chocolate Cake Salad Bar Punch, Milk & Water   |  |
|  | 6/26/2017 French Toast Sausage Patties Butter/Syrup  Oatmeal Bar Yogurt Fresh Fruit Cereal  Coffee, Juice, Milk  Italian Sub Tortellini Salad  Chocolate Chip Cookies  Fruit & Salad Bar Punch, Milk & Water  Beef Tacos Mexican Rice Refried Beans Chips/Salsa  Banana Pudding  Salad Bar | French Toast Sausage Patties Butter/Syrup  Oatmeal Bar Yogurt Fresh Fruit Cereal  Coffee, Juice, Milk  Italian Sub Tortellini Salad  Chocolate Chip Cookies Fruit & Salad Bar Punch, Milk & Water  Beef Tacos Mexican Rice Refried Beans Chips/Salsa  Banana Pudding  Sausage Gravy Hashbrown Patties  Oatmeal Bar Yogurt Fresh Fruit Cereal  Coffee, Juice, Milk  Coffee, Juice, Milk  Chicken Sandwich Macaroni Salad  Fruit & Salad Bar Punch, Milk & Water  Punch, Milk & Water  Punch, Milk & Water  Pulled Pork on Bun Baked Beans Corn on Cob  Corn on Cob  Jello Cake Salad Bar Salad Bar | French Toast Sausage Patties Butter/Syrup  Oatmeal Bar Yogurt Fresh Fruit Cereal  Coffee, Juice, Milk  Italian Sub Tortellini Salad  Chocolate Chip Cookies  Fruit & Salad Bar Punch, Milk & Water  Beef Tacos Mexican Rice Refried Beans Chips/Salsa  Banana Pudding  Datmeal Biscuits Sausage Gravy Bacon Coffeesy Scrambled Eggs Bacon Coffeesy Scrambled Eggs Bacon Coffeecake  Cheesy Scrambled Eggs Bacon Coffeecake  Caffeecake  Oatmeal Bar Yogurt Yogurt Fresh Fruit Cereal Coffee, Juice, Milk Coffee, Juice, Milk Chocolate Bar Yogurt Fresh Fruit Cereal  Coffee, Juice, Milk Chocolate Milk Chocolate Milk Meatball Sub Ranch Pasta Salad  Fruit & Salad Bar Punch, Milk & Water  Chicken Alfredo Peas Breadsticks  Corn on Cob Cream Sandwich Ice Cream Sandwich Ice Cream Sandwich Salad Bar Salad Bar Salad Bar | French Toast Sausage Patties Butter/Syrup  Oatmeal Bar Yogurt Fresh Fruit Cereal  Coffee, Juice, Milk  Coffee, Juice, Milk  Tortellini Salad  Chocolate Chip Cookies  Fruit & Salad Bar Punch, Milk & Water  Punch, Milk & Water  Fresh Tacos Refried Beans Corn on Cob Rababar  Fult Carea  French Toast Sausage Gravy Bascon Coffeecake Butter/Syrup  Cheecake  Coffeecake Butter/Syrup  Cheecake Butter/Syrup  Coatmeal Bar Yogurt Yogurt Yogurt Fresh Fruit Cereal Cereal Cereal Cereal  Coffee, Juice, Milk Chocolate Milk Choc | French Toast   Biscuits   Sausage Gravy   Bacon   Sausage Links   Biscuits   Sausage Patties   Sausage Patties   Sausage Fruit   Sausage Fru |



# Swift Boy Scout Menu Week 4 July 2-8, 2017



| Sunday              | Monday              | Tuesday                | Wednesday           | Thursday               | Friday                | Saturday            |
|---------------------|---------------------|------------------------|---------------------|------------------------|-----------------------|---------------------|
| 7/2/2017            | 7/3/2017            | 7/4/2017               | 7/5/2017            | 7/6/2017               | 7/7/2017              | 7/8/2017            |
|                     | Pancakes            | Egg Patty              | French Toast Sticks | Sausage Gravy          | Scrambled Eggs        | French Toast        |
|                     | Maple Links         | Sausage Patty          | Bacon               | Biscuits               | Sausage Patties       | Sausage Links       |
|                     | Butter/Syrup        | Biscuit                | Butter Syrup        | Hashbrown Patty        | Cinnamon Rolls        | Butter/Syrup        |
|                     |                     | Shredded Hashbrowns    |                     |                        |                       |                     |
|                     | Oatmeal Bar         | Oatmeal Bar            | Oatmeal Bar         | Oatmeal Bar            | Oatmeal Bar           | Oatmeal Bar         |
|                     | Yogurt              | Yogurt                 | Yogurt              | Yogurt                 | Yogurt                | Yogurt              |
|                     | Fresh Fruit         | Fresh Fruit            | Fresh Fruit         | Fresh Fruit            | Fresh Fruit           | Fresh Fruit         |
|                     | Cereal              | Cereal                 | Cereal              | Cereal                 | Cereal                | Cereal              |
|                     | Coffee, Juice, Milk | Coffee, Juice, Milk    | Coffee, Juice, Milk | Coffee, Juice, Milk    | Coffee, Juice, Milk   | Coffee, Juice, Milk |
|                     |                     | Chocolate Milk         |                     |                        | Chocolate Milk        |                     |
| Staff Lunch:        | Corn Dogs           | Sloppy Joe             | Chicken Strips      | Hamburgers             | Pizza                 |                     |
|                     | Macaroni & Cheese   | Coleslaw               | Macaroni Salad      | Potato Salad           | Ranch Pasta Salad     |                     |
|                     |                     | Corn Chips             |                     |                        |                       |                     |
|                     | Sugar Cookies       | Chocolate Chip Cookies | Rice Krispie Treats | Carnival Cookies       | Brownies              |                     |
|                     | Fruit & Salad Bar   | Fruit & Salad Bar      | Fruit & Salad Bar   | Fruit & Salad Bar      | Fruit & Salad Bar     |                     |
|                     | Punch, Milk & Water | Punch, Milk & Water    | Punch, Milk & Water | Punch, Milk & Water    | Punch, Milk & Water   |                     |
|                     |                     | * Pack Out             |                     | * Pack Out             |                       |                     |
| 0 1 111             | D                   |                        | D 11 O 1            | k II                   | 0                     |                     |
| Spaghetti           | Pulled Pork on Bun  | Sausage Penne Pasta    | Burrito Casserole   | Italian Chicken        | Country Fried Steak   |                     |
| Meat Sauce          | Sidewinders         | Broccoli               | Mexican Rice        | Roasted Red Potatoes   | Mashed Potatoes/Gravy |                     |
| Green Beans         | Corn on Cob         | Breadsticks            | Cowboy Salsa        | Glazed Carrots         | Peas                  |                     |
| Rolls/Butter        |                     |                        | Chips               | Dinner Rolls/Margarine | Sweet Rolls/Margarine |                     |
| S'more Bars         | Jello Cake          | Peach Cobbler          | Fruit Juice Bar     | Oreo Dream             | White Cake            |                     |
| Salad Bar           | Salad Bar           | Salad Bar              | Salad Bar           | Fruit & Salad Bar      | Fruit & Salad Bar     |                     |
| Punch, Milk & Water | Punch, Milk & Water | Punch, Milk & Water    | Punch, Milk & Water | Punch, Milk & Water    | Punch, Milk & Water   |                     |
|                     |                     |                        |                     |                        |                       |                     |



## Swift Venturing Menu Week 5 July 9-15, 2017



| Sunday              | Monday                 | Tuesday             | Wednesday                | Thursday              | Friday              | Saturday            |
|---------------------|------------------------|---------------------|--------------------------|-----------------------|---------------------|---------------------|
| 7/9/2017            | 7/10/2017              | 7/11/2017           | 7/12/2017                | 7/13/2017             | 7/14/2017           | 7/15/2017           |
|                     | French Toast           | Biscuits            | Cheesy Scrambled Eggs    | Pancakes              | Egg Patty           | French Toast Sticks |
|                     | Sausage Patties        | Sausage Gravy       | Bacon                    | Sausage Links         | Biscuits            | Maple Links         |
|                     | Butter/Syrup           | Hashbrown Patties   | Coffeecake               | Butter/Syrup          | Sausage Patty       | Butter Syrup        |
|                     |                        |                     |                          |                       | Shredded Hashbrowns |                     |
|                     | Oatmeal Bar            | Oatmeal Bar         | Oatmeal Bar              | Oatmeal Bar           | Oatmeal Bar         | Oatmeal Bar         |
|                     | Yogurt                 | Yogurt              | Yogurt                   | Yogurt                | Yogurt              | Yogurt              |
|                     | Fresh Fruit            | Fresh Fruit         | Fresh Fruit              | Fresh Fruit           | Fresh Fruit         | Fresh Fruit         |
|                     | Cereal                 | Cereal              | Cereal                   | Cereal                | Cereal              | Cereal              |
|                     | Coffee, Juice, Milk    | Coffee, Juice, Milk | Coffee, Juice, Milk      | Coffee, Juice, Milk   | Coffee, Juice, Milk | Coffee, Juice, Milk |
|                     |                        |                     |                          | Chocolate Milk        | Chocolate Milk      |                     |
| Staff Lunch:        | Italian Sub            | Chicken Sandwich    | Meatball Sub             | Pizza                 | Hot Dogs            |                     |
|                     | Tortellini Salad       | Ranch Pasta Salad   | Macaroni Salad           | Italian Pasta Salad   | Macaroni & Cheese   |                     |
|                     | Chocolate Chip Cookies | Brownies            | Sugar Cookies            | Carnival Cookies      | Rice Krispie Treats |                     |
|                     | Fruit & Salad Bar      | Fruit & Salad Bar   | Fruit & Salad Bar        | Fruit & Salad Bar     | Fruit & Salad Bar   | Fruit & Salad Bar   |
|                     | Punch, Milk & Water    | Punch, Milk & Water | Punch, Milk & Water      | Punch, Milk & Water   | Punch, Milk & Water | Punch, Milk & Water |
|                     |                        | * Pack Out          |                          | *Pack Out             |                     |                     |
|                     |                        |                     | <b>Hucks Cove Dinner</b> |                       |                     |                     |
| Spaghetti           | Beef Tacos             | Pulled Pork on Bun  | Hamburgers               | Turkey                | BBQ Chicken         |                     |
| Meat Sauce          | Mexican Rice           | Baked Beans         | Potato Salad             | Mashed Potatoes/Gravy | Augratin Potatoes   |                     |
| Green Beans         | Refried Beans          | Corn on Cob         | Watermelon               | Glazed Carrots        | Broccoli            |                     |
| Rolls/Butter        | Chips/Salsa            |                     | Fixings Tray             | Sweet Rolls/Margarine | Rolls/Margarine     |                     |
| S'more Bars         | Banana Pudding         | Jello Cake          | Cherry Orchard Bars      | Ice Cream Sandwich    | Chocolate Cake      |                     |
| Salad Bar           | Salad Bar              | Salad Bar           | Salad Bar                | Salad Bar             | Salad Bar           |                     |
| Punch, Milk & Water | Punch, Milk & Water    | Punch, Milk & Water | Punch, Milk & Water      | Punch, Milk & Water   | Punch, Milk & Water |                     |
|                     |                        |                     |                          |                       |                     |                     |