


SOLOON SCHOOLS

ORCHARD/PARKSIDE/LEWIS/ROXBURY/ARTHUR ROAD

November 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Jumbo hot dog on bun Potato spudsters Orange fruit sherbet	November 4 Election Day Star shaped chicken nuggets Patriotic cookies – baked Mashed potatoes w/gravy Carrot coins Raspberry fruit sherbet	5 Trix watermelon yogurt Mozzarella string cheese Blueberry muffin Fresh veggies w/ dip Petite banana + tiny pretzel twists <i>*Lewis – Domino's lunch</i>	6 French toast sticks – 2 Sausage links and/or string cheese Hash brown potato Orange juice + breakfast syrup	7 Chef-Boyardee Ravioli Tossed salad Grape fruit shape-up Mookie cookies <i>*Roxbury - Domino's lunch</i>
10 Pizza pocket Corn kernels Chilled peaches <i>*Arthur – Domino's lunch</i>	11 Soft taco w/ cheese, lettuce and tomato Green peas Applesauce cup Cinnamon Toast crisps	12 Mini corn dogs Baked beans Pineapple tidbits <i>*Parkside – Domino's lunch</i>	13 Macaroni and cheese Apple muffin Steamed broccoli White grape juice	14 No School K-8 Conferences
17 Stuffed crust cheese pizza Fresh veggies w/ dip Diced Pears	18 Sloppy Joe on bun Mixed vegetables Apple fruit crisp	19 BBQ Chicken sluggers Corn muffin Potato smiles Fruit cocktail	20 Holiday Meal Turkey w/gravy Dinner roll Mashed potatoes Cooked carrot coins Diced peaches Gingerbread cookie	21 Chicken fajitas in a flour tortilla California blend veggies Fruit shortcake Salsa sauce <i>*Orchard – Domino's lunch</i>
24 Whole grain cheese pizza Steamed broccoli cuts Lime fruit sherbet Graham crackers	25 Maxi stix (mozzarella filled pretzels) Mixed vegetables Orange fruit sherbet Marinara dip'n sauce	26 Happy Thanksgiving	27 	28 Happy Thanksgiving

\$2.50 student lunch includes milk. Pre-paid lunches are available in our school cafeterias. All menus are heart healthy and provide daily nutrients appropriate for your child's age. **Pre-payments for student lunch accounts can be made by cash, check, or online at www.payforit.com** PBJ sandwich is always available as a second choice. Ice cream can be purchased daily for \$.50 -.75 cents and fresh baked cookies for .35 cents. Domino's lunch day includes: Domino's pizza, garden salad, pears, and milk. Extra slice of Domino's pizza is \$1.95. Menu is subject to change. **Nutrition Tip: 1000 steps = about one half of a mile = approximately 7.5 minutes = 100 calories burned!**