


# SOLON SCHOOLS

ORCHARD/PARKSIDE/LEWIS/ROXBURY/ARTHUR ROAD

November 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Jumbo hot dog on bun Potato spudsters Orange fruit sherbet	3 Chicken patty/bun Green beans Homemade fruit crisp	4 Strawberry yogurt cup Mozzarella string cheese Blueberry muffin Fresh veggies w/ dip Petite banana + tiny pretzel twists OR sub sandwich @ Orchard <i>*Lewis – Domino's lunch</i>	5 French toast sticks – 2 Sausage links and/or string cheese Hash brown potato Orange juice + breakfast syrup	6 Chef-Boyardee Ravioli Tossed salad Grape fruit shape-up Mookie cookies  <i>*Roxbury - Domino's lunch</i>
9 Pizza pocket Corn kernels Chilled peaches  <i>*Orchard – Domino's lunch</i>	10 Soft taco w/ cheese, lettuce and tomato Green peas Applesauce cup Cinnamon Toast crisps	11 Mini corn dogs Baked beans Pineapple tidbits  <i>*Parkside – Domino's lunch</i>	12 Macaroni and cheese Apple muffin Steamed broccoli White grape juice <b>Holiday Meal</b>	13 No School K-8 Conferences
16 Stuffed crust cheese pizza Fresh veggies w/ dip Diced Pears	17 Sloppy Joe on bun Mixed vegetables Fresh Apple half Tiny pretzel twists	18 BBQ Chicken sluggers Raisin Bran muffin Potato smiles Fruit cocktail	19 Turkey w/gravy over mashed potatoes Corn muffin Cooked carrot coins Diced peaches Thanksgiving treat	20 Pizza cheese quesadilla Steamed corn Pineapple tidbits  <i>*Arthur – Domino's lunch</i>
23 Whole grain cheese pizza Steamed broccoli cuts Lime fruit sherbet Graham crackers	24 <b>Cook's choice</b>	25 Happy Thanksgiving	26 	27 Happy Thanksgiving
30 Baked chicken fryz Vanilla Goldfish crackers Baked beans Chilled peaches				

\$2.65 student lunch includes milk. Pre-paid lunches are available in our school cafeterias. PBJ or cheese sandwich are available as a second choice.

Menu is subject to change. Milk can be purchased for \$.50 cents.

Domino's lunch day includes: Domino's pizza, garden salad, pears, and milk. Extra slice of Domino's pizza is \$2.15.

**Nutrition Tip:** If you can't get fresh vegetables, do not bother with frozen or canned—they are not as nutritious: **FALSE!** When it comes to eating vegetables, all forms matter. Generally, there is little nutritional difference between fresh, frozen and canned.

**Pre-payments for student lunch accounts can be made by cash, check, or online at EZPay.** Check the parent tab, then click on EZPay.

To view your child's lunch purchases, follow these simple steps: click on the parent tab, click on EZPay, log in, click on the student's name, then click on meal transactions.