

SOLOON SCHOOLS

ORCHARD/PARKSIDE/LEWIS/ROXBURY/ARTHUR ROAD

December 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Baked chicken tenders Vanilla Goldfish crackers Baked French fries Diced pears	2 Spaghetti w/ meatsauce Soft breadstick Tossed salad Garden salad Italian or ranch dressing Apple juice	3 Mini corndogs Mixed vegetables Fruit cocktail Animal crackers	4 Macaroni and cheese Blueberry muffin Steamed broccoli White grape juice	5 Pizza cheese quesadillas Green beans Chilled peaches Applesauce cup Salsa *Lewis – Domino's lunch	
8 Sea-Fit shaped Fish nuggets Cinnamon toast crunch crisps Baked beans Chilled peaches *Roxbury – Domino's lunch	9 Cheeseburger on bun Potato wedges Pineapple tidbits	10 Uncrustable grilled cheese Tomato soup Corn kernels Applesauce Goldfish crackers *Orchard – Domino's pizza	11 Winter Wonderland Chicken nuggets Teddy grahams Mashed potatoes w/ gravy Cooked carrots Raspberry fruit sherbet	12 Beefy, cheesy nachos Broccoli and cauliflower Cherry fruit shape-up	
15 Chicken patty on bun Green beans Warm apple crisp	16 Rotini with meatsauce breadstick Garden salad Italian or ranch dressing Apple juice	17 Salad Lunch Veggies w/ diced ham, shredded cheese & muffin Ranch or Italian dressing applesauce cup chocolate or vanilla pudding *Arthur – Domino's lunch	18 French toast sticks Sausage links or string cheese Hash brown potato Orange juice Breakfast syrup	19 Whole grain Corndog Potato spudsters Assorted fruits OR Cook's choice *Parkside – Domino's day	
22	23	24	25	<h1>Winter Break</h1>	



\$2.50 student lunch includes milk. Pre-paid lunches are available in our school cafeterias. PBJ sandwich is always available as a second choice. Menu is subject to change. All menus are heart-healthy and provide daily nutrients appropriate for your child's age. Domino's lunch day includes: Domino's pizza, garden salad, diced pears, and milk. Additional slices of Domino's pizza are \$1.95 each.

Pre-payments for student lunch accounts can be made by cash, check, or online payment at www.payforit.com

Nutrition tip: Start a new holiday tradition this year - add physical activity to your family get-togethers. Plan a workout session for the morning, have a touch football game in the afternoon, or take a walk after the meal. You'll help everyone stay fit and enjoy family time, too!