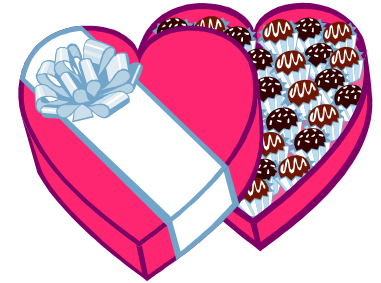
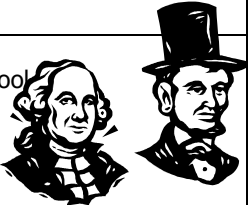


# SOLON SCHOOLS

ORCHARD/PARKSIDE/ROXBURY/LEWIS/ARTHUR

February 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked SeaFit fish nuggets Cinnamon toast crisps Baked beans peaches	2 Cheeseburger on bun Baked Potato wedges Pineapple tidbits  * Lewis - <i>Domino's</i> lunch	3 Heated cheese sandwich on bun Tomato soup Corn kernels Applesauce	4 Baked chicken patty on bun Seasoned green beans Homemade apple crisp w/ whipped topping * Parkside - <i>Domino's</i> lunch	5 Beefy cheesy nachos Winter mix of broccoli and cauliflower Blue raspberry fruit shape-up
8 Jumbo hot dog on bun Potato spudsters Orange fruit sherbet	9 Rotini w/ meatsauce Soft breadstick Tossed salad Ranch or Italian dressing Apple juice	10 French toast sticks with sausage links or string cheese Hashbrown potato stix Orange juice	11 * Orchard - <i>Domino's</i> lunch Trix watermelon yogurt Mozzarella string cheese Blueberry muffin Fresh veggies w/ dip Cherry applesauce cup Tiny pretzel twists	12 Heart-shaped Chicken Nuggets Teddy grahams Mashed potatoes w/ gravy Cooked carrots Raspberry fruit sherbet Valentine treat
15 No School  President's Day Holiday	16 Pizza pocket Green beans Chilled pears	17 Ash Wednesday Macaroni & cheese Apple muffin Steamed broccoli cuts Grape juice	18 Mini corn dogs Baked beans Pineapple tidbits	19 Fish & chips Baked SeaFit fish nuggets Harv. cheddar Multi-grain Sunchips Corn kernels peaches * Roxbury - <i>Domino's</i> lunch
22 Sloppy Joe on a bun Tossed salad Apple half Tiny pretzel twists	23 BBQ chicken sluggers Corn muffin Potato smiles Fruit cocktail *Arthur - <i>Domino's</i> lunch	24 Soft taco w/ cheese, lettuce and tomato Green peas Diced peaches Cinnamon Toast crisps	25 Salad w/ turkey ham and shredded cheddar cheese Apple muffin Cherry applesauce Chocolate pudding	26 Stuffed crust cheese pizza Fresh veggies w/ dip Pineapple tidbits

\$2.65 student lunch includes milk. Pre-paid lunches are available in our school cafeterias. **Pre-payments for student lunch accounts can be made by cash, check, or online at EZPay.** To view your child's lunch purchases over the past two weeks, follow these simple steps: click on the parent tab, click on EZPay, login, click on the student's name, and then click on meal transactions. All menus are heart healthy and provide daily nutrients for your child's age.

Menu is subject to change. **Valentine treat will be a white cake w/ pink frosting and sprinkles!**

Domino's lunch includes: Domino's pizza, garden salad, diced pears, and milk. Additional slices of Domino's pizza are \$2.15 each.

**Nutrition Tip:** Here's a fun way to give a familiar duo a new spin! Warm a personal-sized pizza crust in the oven. Once warmed, spread with natural-style peanut butter and all fruit preserves jelly. Cut into six wedges. Makes two or three snack-sized servings!