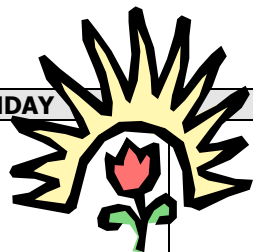
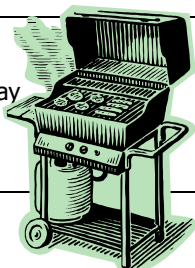


Solon Schools: Orchard/Parkside/Roxbury/Lewis/Arthur Road

May 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Quesadillas OR Cooks Choice Corn kernels Cinnamon applesauce Salsa sauce *Roxbury – <i>Domino's</i> lunch
4 Sea-Fit baked fish nuggets Goldfish PhysEdibles Green beans Pineapple tidbits	5 Cinco di Mayo Beefy cheesy nachos Steamed Corn kernels Blue raspberry fruit shape-up	6 Baked Chicken Nuggets Teddy grahams Mashed potatoes w/ gravy Cooked carrots Raspberry fruit sherbet	7 Unrustable grilled cheese Tomato soup Broccoli cuts Lunch bunch grapes *Orchard - Grilled cheese on a pretzel bun	8 Cheeseburger on bun Baked Potato wedges Pineapple tidbits
11 Chef Boy-R-D Beef Ravioli Tossed salad Grape fruit shape-up Mookie cookie	12 French toast stix w/ string cheese or sausage links Hashbrown potato stix Orange juice	13 Trix watermelon yogurt Mozzarella string cheese Blueberry muffin Fresh veggies w/ dip Petite banana + Tiny pretzel twists *Orchard – <i>Domino's</i> lunch	14 Baked chicken patty on bun Seasoned green beans Warm fruit crisp	15 Jumbo hotdog on bun OR Cooks Choice Potato spudsters Orange fruit sherbet
18 Mini corndogs Baked beans Pineapple tidbits	19 Soft taco w/ cheese, lettuce and tomato Sweet baby peas Fruit cocktail Vanilla PhysEdibles goldfish	20 Baked chicken nuggets Dinner roll Mashed potatoes/gravy Diced pears Jello w/ worms	21 Rotini w/ meatsauce Soft breadstick Tossed salad Apple juice *Lewis – <i>Domino's</i> lunch	22 Pizza pocket Corn kernels Fruit cocktail *Lewis - Grandparent's Day: Choice of egg salad sandwich or chef salad
25 No School Memorial Day Holiday	26 Sloppy Joe on bun Tossed salad Chilled peaches Assorted cracker/cookies *Arthur – <i>Domino's</i> lunch	27 Lettuce Salad w/ diced ham and shredded cheddar cheese Apple muffin Applesauce cup Choc. or vanilla pudding	28 Baked chicken fryz Blueberry muffin Baked beans Diced pears *Parkside – <i>Domino's</i> lunch	29 BBQ chicken sluggers Corn muffin Potato smiles Fruit cocktail



\$2.50 student lunch includes milk. Pre-paid lunches are available in our school cafeterias. PBJ is always available as a second choice. Pre-payments for student lunch accounts can be made by cash, check, or online at www.Payforit.net Menu is subject to change.

Domino's lunch includes: Domino's pizza, garden salad, diced pears, and milk

All menus are heart healthy and provide 1/3 of your child's daily nutrients for their age.

Nutrition Tip: When in doubt, remember that a variety of foods consumed in moderation, plus daily exercise, is the best motto for a healthy lifestyle.