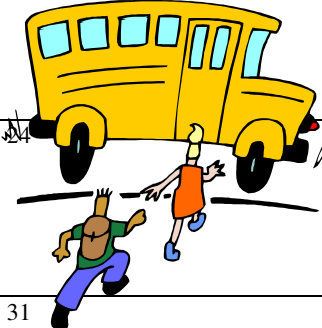


# Solon Schools: Orchard/Parkside/Lewis/Roxbury/Arthur Road

## August 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
	25	26	27	28
31	Pizza pocket Corn kernels Fruit cocktail	Jumbo hotdog Potato spudsters Orange fruit sherbet	Mini corn dogs Baked beans Pineapple tidbits	Baked chicken nuggets Dinner roll Mashed potatoes/gravy Diced pears
Cheeseburger on bun Mixed vegetables Diced pears				

**\$2.65 student lunch includes milk.** Pre-paid lunches are available in our school cafeterias. The money can be paid in monthly or weekly increments. PBJ sandwich is always available as a second choice. Milk can be purchased for \$.50 cents. Domino's Lunch includes: Domino's pizza, salad, diced pears, & milk. Menu is subject to change.

**Parents: Please review your child(ren)s student id number with them before school starts on August 25<sup>th</sup>.** This number is used in the lunch line. When students know their student id number the serving lines move along efficiently. All menus are heart healthy and provide nutrients for proper growth.

Nutrition Tip: Stay hydrated when exercising. Drink plenty of water. Six to eight 8-ounce glasses of water, or half of your body weight in ounces, are recommended on a daily basis. For example, if you weigh 100 pounds, you will need to drink 50 ounces of water (8 ounces = one cup) on a daily basis. Drink more water if exercising!

**Pre-payments for student lunch accounts can be made by cash, check, or online ...check the Solon website under the parent tab, then click on EZpay.**