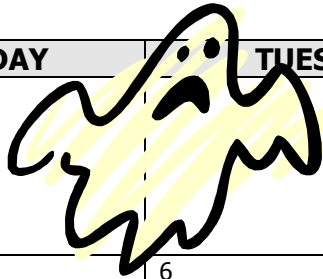


SOLOON SCHOOLS

ORCHARD/PARKSIDE/LEWIS/ROXBURY/ARTHUR

October 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken patty on bun Green beans Fruit crisp <i>*Lewis – Domino's lunch</i>	2 French toast sticks – 2 Sausage links and/or string cheese Hash brown stix Orange juice + breakfast syrup
5 Pizza pocket Corn kernels Diced Peaches	6 Soft taco w/ cheese, lettuce and tomato Green peas, Applesauce cup Cinn. Toast crisps <i>*Roxbury – Domino's lunch</i>	7 Whole grain corndog Baked beans Pineapple tidbits	8 Macaroni and cheese Apple muffin Steamed broccoli Fresh fruit	9 Baked chicken nuggets/roll Mashed potatoes/gravy Diced pears Jello w/ gummi worms
12 Stuffed crust cheese pizza Fresh veggies w/ dip Pineapple tidbits	13 Sloppy Joe on bun Tossed salad Apple half + Tiny pretzel twists <i>*Parkside – Domino's lunch</i>	14 BBQ Chicken sluggers Corn muffin Potato smiles Fruit cocktail	15 Salad Lunch Veggies w/ diced ham, shredded cheese & muffin Ranch or Italian dressing applesauce cup + choc pudding <i>*Arthur – Domino's lunch</i>	16 No School In-service Day
19 Mexican Pizza Steamed broccoli cuts Lime fruit sherbet	20 Footlong hot dog on bun Green beans Cherry fruit juice bar	21 Rotini w/meat sauce Soft breadstick Garden salad Apple juice	22 Maxi stix(mozz. filled pretzels) Mixed vegetables Raspberry fruit sherbet Marinara dip'n sauce	23 French toast sticks – 2 Sausage links and/or string cheese Hash brown stix Orange juice Breakfast syrup
26 SeaFit fish nuggets Goldfish PhysEdibles Green beans Diced pears LF fudgesicle <i>* Orchard – Domino's lunch</i>	27 Cheeseburger on bun Potato wedges Pineapple tidbits	28 Baked chicken nuggets Teddy grahams Mashed potatoes w/ gravy Cooked Carrots Raspberry fruit sherbet	29 Beefy, cheesy nachos Broccoli and cauliflower Apple and orange slices	30 Happy Halloween <i>Jack-o-Lantern Grilled cheese on a pretzelwich</i> <i>Tomato soup</i> <i>Broccoli cuts + Applesauce cup</i>

\$2.65 student lunch includes milk. Our homemade Fruit Crisp is made with apples, cherries or blueberries. **Pre-payments for student lunch accounts can be made in all our schools by cash, check, or online at EZpay.** Check the parent tab for details on EZpay. Parents: Due to an increase in requests for Patron activity reports, we are suggesting that parents sign up for EZpay to view their child's lunch purchases! Sign up today while fees are still being waived!!
Nutrition Tip: Apples – Why they are good for you! Apples are a good source of pectin, a fiber that can lower cholesterol and glucose levels. They're also a good source of Vitamin C – an antioxidant that protects your body's cells. Vitamin C keeps your blood vessels healthy and aids in the absorption of iron and folate; a water-soluble vitamin that helps the body form red blood cells.