



SOLON HIGH SCHOOL

November 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
3 Italian Meatball sub Broccoli cuts Mixed vegetables Pineapple tidbits	4 Election Day Baked chicken nuggets Dinner roll Mashed potatoes w/gravy Carrot coins Applesauce	5 Steak & cheese sandwich Natural cut potatoes Assorted fruits	6 Sausage, egg, & cheese on a Bagel Hash-brown potato Orange juice OR veggie burger	7 Lasagna w/ breadstick Tossed salad Applesauce Assorted fruit slushies
10 Pizza pocket Corn kernels Peaches LF ice cream sandwich	11 Soft taco w/ cheese, lettuce & tomato, Salsa Sweet baby peas Assorted fruits Chocolate pudding	12 Mini corn dogs Cheesy potatoes Pineapple tidbits	13 Macaroni and cheese Blueberry muffin Steamed broccoli Applesauce cup	14 Beefy cheesy nachos Winter mix veggies Spanish rice Lime fruit sherbet Milk
17 Stuffed crust cheese pizza Baked French fries Pineapple tidbits LF fudge bar	18 Sloppy Joe on bun Mixed vegetables Fruit crisp w/ whipped cream	19 <i>Domino's</i> pizza lunch Garden salad Diced pears	20 <i>Holiday Meal</i> Turkey with gravy over mashed potatoes with stuffing and fruit muffin carrot coins applesauce cup Pumpkin pie	21 Chicken fajitas in a flour tortilla Spanish rice California blend veggies Strawberry shortcake Gummi fruit snack
24 Mexican pizza Steamed broccoli cuts Lime fruit sherbet Trail mix	25 Footlong hotdog on bun Vegetarian chili Green beans Cherry juice bar OR Cook's Choice	26	27	28
Happy Thanksgiving				

\$2.75 student lunch includes choice of hot entree, assorted vegetables, fruit and milk.

Nutrition tip: 1000 steps = about one-half of a mile = approximately 7.5 minutes = 100 calories burned!

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