



# SOLON HIGH SCHOOL

## December 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked chicken tenders Dinner roll Baked French fries Diced pears	2 Rotini w/meat sauce Soft breadstick Tossed salad Apple juice	3 <i>Domino's</i> pizza lunch Garden Salad Diced pears	4 Macaroni and cheese Blueberry muffin Steamed broccoli cuts Applesauce	5 Pizza chicken quesadilla Spanish rice Corn kernels + celery sticks Strawberry shortcake Salsa sauce
8 Baked fish square w/cheese on a bun Baked beans Fruit cocktail Apple juice	9 Cheeseburger on bun Natural cut potatoes Sweet baby peas Flavored applesauce cup	10 Grilled cheese sandwich Tomato soup Broccoli cuts Diced pears Coffee cake or lemon bars	11 Popcorn chicken bowl (popcorn chicken, corn, w/ mashed potatoes & gravy) RF (red. fat) shredded cheddar cheese applesauce	12 Beefy cheesy nachos Broccoli and cauliflower Spanish rice Lime fruit sherbet salsa
15 Chicken patty on a bun Mashed potatoes w/ gravy Green beans Fruit crisp	16 Rotini w/meat sauce Soft breadstick Tossed salad Apple juice	17 Steak & cheese sandwich Natural cut potatoes Warm cinnamon applesauce	18 Sausage, egg and cheese on a bagel Hash brown potato Orange juice	19 Meatball sub sandwich "buttered" noodles Mixed vegetables Assorted fruits
22 No School Winter break	23	24	25	26

# Winter Break



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

Pre-payments for student lunch accounts can be made by cash, check, or online payment at [www.payforit.com](http://www.payforit.com)

Nutrition Tip: Start a holiday tradition this year – add physical activity to your family get-togethers. Plan a workout session for the morning, have a touch football game in the afternoon, or take a walk after the meal. You'll help everyone stay fit and enjoy family time, too!