



SOLON HIGH SCHOOL

December 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Rotini w/meat sauce Soft breadstick Tossed salad Apple juice	2 BBQ Rib on a bun Hashbrown potato Mixed vegetables Pineapple tidbits	3 Macaroni and cheese Blueberry muffin Steamed broccoli cuts Applesauce	4 Pizza chicken quesadilla Spanish rice Corn kernels + celery sticks Strawberry shortcake Salsa sauce
7 Baked fish square w/cheese on a bun Baked beans Fruit cocktail Apple juice	8 Cheeseburger on bun Natural cut potatoes Sweet baby peas Flavored applesauce cup	9 Grilled cheese sandwich Tomato soup Broccoli cuts Diced pears Animal crackers	10 Popcorn chicken bowl (popcorn chicken, corn, w/ mashed potatoes & gravy) RF (red. fat) shredded cheddar cheese applesauce	11 Beefy cheesy nachos Broccoli and cauliflower Spanish rice Lime fruit sherbet salsa
14 <i>Domino's</i> pizza lunch Garden Salad Apple -nut bar	15 Sausage, egg and cheese on a bagel Hash brown potato Orange juice	16 Chicken patty on a bun Mashed potatoes w/ gravy Green beans Fruit crisp	17 Baked Lasagna Soft breadstick Tossed salad Applesauce Orange fruit sherbet Holiday Treat	18 Meatball sub sandwich seasoned noodles Mixed vegetables Assorted fruits
21 	22	24	24	25 Christmas Day 

Happy Holidays

\$2.90 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.net

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!