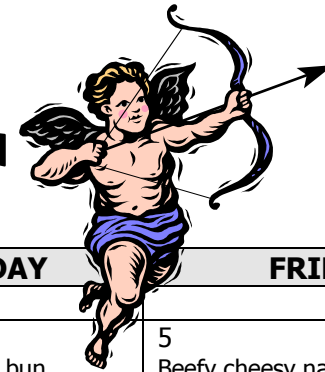
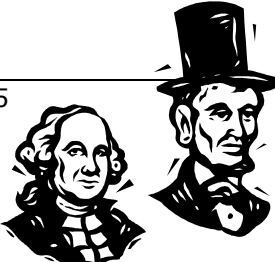




# SOLON HIGH SCHOOL

## February 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked fish square w/ cheese on bun Baked beans Fruit cocktail Cocoa bar milk	2 Cheeseburger on bun Natural cut potatoes Sweet baby peas Flavored applesauce cup Milk	3 <i>Domino's</i> pizza lunch Garden salad Apple-Nut bar milk	4 Chicken patty on a bun Mashed potatoes w/gravy Green beans Homemade Fruit crisp milk	5 Beefy cheesy nachos Broccoli and cauliflower Corn kernels Blue raspberry fruit shape-up milk
8 Steak & cheese sandwich Natural cut potatoes Pineapple tidbits milk	9 Spaghetti w/ meatsauce Soft breadstick Garden salad Apple juice Chocolate pudding milk	10 Breakfast sandwich (sausage egg and cheese or egg and cheese) Hash brown potato Orange juice + milk	11 Lasagna w/breadstick Tossed salad Applesauce Orange juice sherbet milk	12 Baked chicken nuggets Dinner roll Mashed potatoes w/gravy Carrot coins Raspberry fruit sherbet, milk Valentine treat
15  President's Day Holiday	16 <i>Domino's</i> pizza lunch Garden salad Apple-Nut bar milk	17 Ash Wednesday Macaroni & cheese Blueberry muffin Steamed broccoli Applesauce milk	18 Mini corn dogs Cheesy potatoes California blend veggies Fruit slushie Teddy grahams milk	19 Baked fish sandwich Seasoned waffle fries Green beans Fruit cocktail Assorted Gelatins milk
22 Sloppy Joe on bun Mixed vegetables Homemade Fruit crisp milk	23 Chicken alfredo w/ rotini and soft breadstick Steamed carrots Fruit cocktail milk	24 Soft taco with cheese Lettuce and tomato Sweet baby peas Chilled peaches Salsa sauce Choc or vanilla pudding Milk	25 Turkey stir-fry w/ rice Corn muffin Asian vegetables Diced pears Cherry juice bar milk	26 Stuffed crust cheese pizza Curly fries Pineapple tidbits LF fudge bar milk

\$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 at EZPay.

Nutrition Tip: Types of Vegetarian Diets: Ovo-Vegetarian eats eggs, no meats; Lacto-Ovo Vegetarian eats dairy and egg products, no meats; Lacto-Vegetarian eats dairy products, no eggs or meat; and Vegan eats food only from plant sources.