



SOLON HIGH SCHOOL

January 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year	1
4 Pizza pocket Corn kernels Fruit cocktail LF ice cream sandwich milk	5 Soft taco w/ cheese, lettuce & tomato, Salsa Sweet baby peas Peaches Chocolate pudding milk	6 Mini corn dogs Cheesy potatoes California blend veggies Fruit juice slushie Citrus gelatins milk	7 Macaroni and cheese Soft breadstick Steamed broccoli Applesauce cup milk	8 Chicken nuggets + apple muffin Mashed potatoes w/ gravy Carrot coins Diced pears Fruit jello milk
11 Stuffed crust cheese pizza Baked French fries Pineapple tidbits LF fudge bar milk	12 Sloppy Joe on bun Mixed vegetables Fruit crisp w/ whipped cream milk	13 Chicken alfredo w/ rotini Soft breadstick Steamed carrots Fruit cocktail milk	14 Turkey stir-fry w/ rice Apple Muffin Asian vegetables Chilled peaches Cherry juice bar milk	15 Chicken fajitas in a flour tortilla Spanish rice California blend veggies Strawberry shortcake Gummi fruit snack milk
18 No School MLK Holiday	19 Cook's Choice	20 <i>High School testing - no lunches served</i>	21	22
25 No School In-Service Day	26 <i>Domino's</i> pizza lunch Garden salad Sweet baby peas Lime fruit sherbet Gummi fruit snack milk	27 Rotini w/ meatsauce Soft breadstick Tossed salad Apple juice milk	28 BBQ rib on a bun Cottage fries Green beans Pineapple tidbits milk	29 Chicken tenders w/ roll Potato spudsters Assorted fruit juices milk

\$2.90 student lunch includes choice of hot entree, assorted vegetables, fruit and milk. Menu is subject to change.

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

Nutrition Tip: Did you know? Cucumbers are 96% water, Pomme means apple in French, there are more than 7000 varieties of apples grown worldwide, and kiwi have more crude fiber that a bowl of bran flakes?