



SOLON HIGH SCHOOL

January 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year	2
5 Pizza pocket Corn kernels Fruit cocktail LF ice cream sandwich milk	6 Soft taco w/ cheese, lettuce & tomato, Salsa Sweet baby peas Peaches Chocolate pudding milk	7 Mini corn dogs Cheesy potatoes California blend veggies Fruit juice slushie Citrus gelatins milk	8 Macaroni and cheese Blueberry muffin Steamed broccoli Applesauce cup milk	9 Chicken nuggets + apple muffin Mashed potatoes w/ gravy Carrot coins Diced pears Fruit jello milk
12 Stuffed crust cheese pizza Baked French fries Pineapple tidbits LF fudge bar milk	13 Sloppy Joe on bun Mixed vegetables Fruit crisp w/ whipped cream milk	14 Oven baked crispy chicken Corn muffin Cheesy potatoes Baked beans Fruit cocktail milk	15 Turkey stir-fry w/ rice Raisin Bran Muffin Asian vegetables Chilled peaches Cherry juice bar milk	16 Chicken fajitas in a flour tortilla Spanish rice California blend veggies Strawberry shortcake Gummi fruit snack milk
19 No School MLK Holiday	20 Cook's Choice	21 <i>High School testing - no lunches served</i>	22	23
26 No School In-Service Day	27 <i>Domino's</i> pizza lunch Garden salad Sweet baby peas Lime fruit sherbet Gummi fruit snack milk	28 Rotini w/ meatsauce Soft breadstick Tossed salad Apple juice milk	29 BBQ rib on a bun Cottage fries Green beans Pineapple tidbits milk	30 Chicken tenders w/ roll Potato spudsters Assorted fruit juices milk

\$2.75 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 at www.payforit.net

Nutrition Tip: Dietary Fiber is found mainly in fruits, vegetables, whole grains, legumes (beans and peas), nuts and seeds. Foods high in fiber are usually low in calories and fat while packed with vitamins, minerals and other important nutrients. Choose wisely!