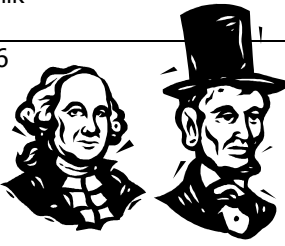


SOLON HIGH SCHOOL

February 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Domino's pizza lunch Garden salad peas raspberry fruit sherbet gummi fruit snack milk	3 Cheeseburger on bun Natural cut potatoes Sweet baby peas Flavored applesauce cup milk	4 Grilled cheese sandwich Tomato soup Broccoli cuts Diced Pears Coffee cake or lemon bars milk	5 Chicken patty on a bun Mashed potatoes w/gravy Green beans Apple crisp milk	6 Beefy cheesy nachos Broccoli and cauliflower Corn kernels Blue raspberry fruit shape-up milk
9 Lasagna w/breadstick Tossed salad Applesauce Orange juice sherbet milk	10 Italian Meatball sub Seasoned noodles Mixed vegetables Pineapple tidbits milk	11 Breakfast sandwich (sausage egg and cheese or egg and cheese) Hash brown potato Orange juice + milk	12 Macaroni & cheese Blueberry muffin Steamed broccoli Applesauce milk	13 Baked chicken nuggets Dinner roll Mashed potatoes w/gravy Carrot coins Raspberry fruit sherbet, milk Valentine treat
16 	17 Domino's pizza lunch Garden salad peas lime fruit sherbet gummi fruit snack milk	18 Mini corn dogs Cheesy potatoes California blend veggies Fruit slushie Gelatin milk	19 Steak & cheese sandwich Natural cut potatoes Applesauce milk	20 Soft taco with cheese Lettuce and tomato Sweet baby peas Chilled peaches Salsa sauce Chocolate or vanilla pudding
23 Sloppy Joe on bun Mixed vegetables Apple crisp milk	24 Chicken fajitas Spanish rice California blend veggies Strawberry shortcake Gummi fruit snack + milk	25 Ash Wednesday Whole grain cheese pizza Broccoli cuts Lime fruit sherbet Trail mix Cinn toast crisps + milk	26 Turkey stir-fry w/ rice Raisin Bran muffin Asian vegetables Chilled peaches Cherry juice bar + milk	27 Baked fish sandwich Seasoned waffle fries Green beans Fruit cocktail Jello milk

\$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 at www.PayForIt.net

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.