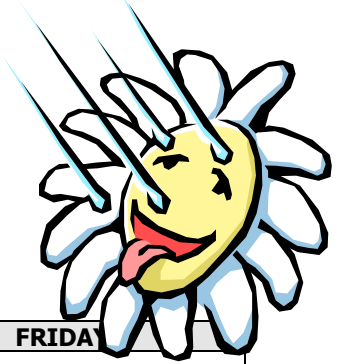


# SOLON High School

April 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mini corn dogs Cheesy potatoes California blend veggies Fruit slushie jello	2 Sub sandwich With chicken noodle soup Twister French fries Lime fruit sherbet OR Baked fish sandwich	3 Macaroni and cheese blueberry muffin Steamed broccoli Applesauce
6 Stuffed crust cheese pizza Seasoned curly fries Pineapple tidbits Low-fat Fudge bar	7 Turkey stir fry over steamed rice and Asian vegetables Raisin bran muffin Chilled peaches Cherry fruit shape-up	8 Oven baked crispy chicken Assorted muffins Mashed potatoes Coleslaw Fruit cocktail	9 Sloppy joe on bun Mixed vegetables Warm apple crisp	10  Good Friday  No School
13	14	15	16	17
<b>Spring Break...Easter...Passover</b>				
20 Whole grain cheese pizza Steamed broccoli cuts Apple nut bar Orange fruit sherbet	21 <i>Domino's</i> pizza lunch Garden Salad Sweet peas Assorted fruit sherbets Gummi fruit snack	22 Vegetarian chili or grilled cheese sandwich Tostitos scoops Tomato soup Green beans Diced pears	23 Baked lasagna Soft breadstick Tossed salad applesauce	24 Sausage, egg and cheese on a bagel Hash brown potato Orange juice
27 Baked chicken fryz Dinner roll Baked beans Diced pears	28 Pizza pocket Corn kernels Fruit cocktail	29 BBQ rib on a bun Hashbrown potato Green beans Pineapple tidbits	30 Rotini with meatballs Soft breadstick Tossed salad Apple juice Chocolate pudding	



\$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](http://www.Payforit.net)

Nutrition Tip: Get-Fit-By-Finals Personal Fitness Tracker is a free online tool available at [www.bodybymilk.com](http://www.bodybymilk.com) that lets teens track daily milk consumption, minutes of exercise and journal daily food and physical activity.

**EARTH DAY IS WEDNESDAY, APRIL 22!! Try our Vegetarian chili entrée!**