


# Solon High School

September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stuffed crust cheese pizza OR sandwich of the day Baked French fries Pineapple tidbits LF fudge bar	2 Oven-baked chicken tenders Corn muffin Cheesy potatoes Baked beans Fruit cocktail	3 Macaroni & cheese blueberry Muffin Steamed broccoli applesauce	4 Chicken fajitas in a flour tortilla Spanish rice California blend veggies Strawberry shortcake Gummi fruit snack
7 <b>Labor Day No School</b> 	8 Vegetarian chili or beef chili Tostitos scoops Green beans & celery stix Cherry crisp Fudge bar	9 Hot turkey and gravy over mashed potatoes Blueberry muffin Carrot coins Orange sherbet	10 Lasagna w/ breadstick Tossed salad Applesauce Assorted fruit slushies	11 Sausage, egg, & cheese on a Bagel Hash-brown potato Orange juice OR veggie burger
14 Baked chicken fryz Dinner roll Baked beans Diced pears	15 Macaroni & cheese Cranberry-nut Muffin Steamed broccoli applesauce	16 BBQ rib on a bun Hash-brown potato Green beans Apple juice	17 Spaghetti w/meat sauce Soft breadstick Mixed vegetables Apple juice Chocolate pudding	18 Chicken quesadilla Spanish rice Corn kernels Shredded lettuce & diced tomatoes Fruit shortcake
21 <i>Domino's</i> pizza lunch Garden salad Steamed peas Fruit sherbet gummi fruit snack	22 Cheeseburger on bun Natural cut potatoes Sweet baby peas Flavored applesauce cup	23 Grilled cheese sandwich Tomato soup Steamed Broccoli cuts Diced pears	24 Popcorn chicken bowl (popcorn chicken, corn w/ mashed potatoes & gravy) Flavored applesauce cup gelatin	25 Beefy cheesy nachos Broccoli and cauliflower Spanish rice Lime fruit sherbet Salsa sauce
28 <b>Yom Kippur No School</b>	29 Italian Meatball sub Seasoned noodles Mixed vegetables Pineapple tidbits	30 Steak & cheese sandwich Natural cut potatoes Warm cinn applesauce		

\$2.90 student lunch includes choice of entree, assorted vegetables, fruit and milk. Milk can also be purchased for \$.50 cents. **Please check the easel board in the cafeteria for "Fast Track" specials!** Thinking a la carte.....try our selection of homemade a la carte gourmet salads and wrap sandwiches. Pre-payments for student lunch accounts can be made by cash, check, or online...check the Solon website under the parent tab, then click on EZpay.

Nutrition Tip: Stay hydrated when exercising. Drink plenty of water. Six to eight 8-ounce glasses of water, or half of your body weight in ounces, are recommended on a daily basis. For example, if you weigh 120 pounds, you will need to drink 60 ounces of water (8 ounces = one cup) on a daily basis. Drink more water if exercising!