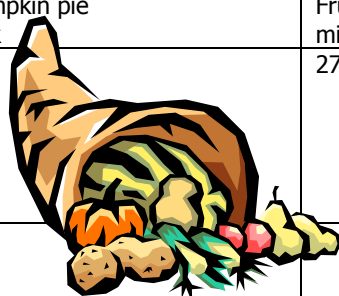


Solon Middle School



November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatball sub sandwich OR Jumbo hot dog on bun Sweet peas Mixed vegetables Pineapple tidbits Milk	3 Popcorn Chicken Bowl Mashed potatoes w/gravy OR whole grain corn dog Steamed corn Homemade fruit crisp Milk	4 Steak & cheese sandwich OR pizza pocket Natural cut potatoes Warm cinnamon Applesauce milk	5 Bkft sandwich OR French toast sticks w/ sausage links Hash-brown potato Orange juice Milk	6 Lasagna w/ breadstick OR Hamburger on bun Tossed salad Applesauce Fruit slushie milk
9 Pizza pocket OR C-try fried steak w/ roll Corn kernels Fruit cocktail LF ice cream sandwich milk	10 Soft taco w/ cheese, lettuce & tomato w salsa OR meatloaf w/ dinner roll Sweet baby peas Applesauce + Chocolate pudding, milk	11 Mini corndogs OR French bread pizza Cheesy potatoes Pineapple tidbits Milk	12 Macaroni and cheese OR grilled chicken sandwich Blueberry muffin Steamed broccoli Assorted fruit juices milk	13 No School K- 8 Conferences
16 Stuffed crust cheese pizza OR polish sausage on a bun Seasoned curly fries Pineapple tidbits LF fudge bar Milk	17 <i>Domino's</i> pizza lunch OR veggie burger on bun Garden salad Apple-nut bar milk	18 Chicken patty on bun OR Salisbury steak w/ roll Cheesy potatoes Fruit cocktail Cocoa granola bar Milk	19 <i>Holiday Meal</i> Turkey with gravy over mashed potatoes with stuffing and muffin carrot coins, applesauce cup Pumpkin pie Milk	20 Chicken fajitas in a flour tortilla OR hamburger on bun Spanish rice California blend veggies Fruit shortcake milk
23 Whole grain cheese pizza OR sloppy Joe on bun Steamed broccoli cuts Lime fruit sherbet Cocoa bars + milk	24 Cook's Choice	25 Happy Thanksgiving	26 	27 Happy Thanksgiving
30 Baked chicken fryz/roll OR maxi-stix (mozzarella filled pretzels) Baked beans Chilled peaches + milk				

\$2.90 student lunch includes one of two main dishes, hot vegetable or vegetable-type soup, fruit, and milk.

Menu is subject to change. Nutrition Tip: 1000 steps = about one-half of a mile = approximately 7.5 minutes = 100 calories burned!

Pre-payments for student lunch accounts can be made by cash, check, or online at EZPay. Check the parent tab on the Solon website.