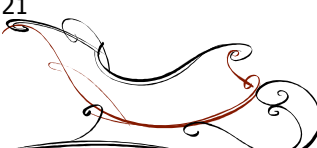





# Solon Middle School

## December 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spaghetti w/ meatsauce Soft breadstick OR Italian sausage on a bun Tossed salad Sweet baby peas Apple juice + milk	2 Rib-B-Q on a bun OR Footlong on a bun Hash brown potato Mixed vegetables Pineapple tidbits milk	3 Macaroni and Cheese OR grilled chicken sandwich Blueberry muffin Steamed broccoli cuts Applesauce milk	4 Pizza cheese quesadilla w/ Spanish rice OR mini corndogs Corn kernels + celery sticks Strawberry shortcake Salsa sauce + milk
7 Baked fish square w/ cheese on a bun OR hamburger on bun Baked beans Fruit cocktail Grape juice milk	8 <i>Domino's</i> pizza lunch OR veggie burger on bun Garden salad Apple-nut bar milk	9 Grilled cheese sandwich Tomato soup OR pizza pocket Sweet baby peas Diced pears Animal crackers milk	10 Popcorn chicken bowl (popcorn chicken, corn, w/ mashed potatoes & gravy, shredded cheddar cheese) OR BBQ rib sandwich on bun corn Applesauce + mik	11 Beefy, cheesy nachos OR C-try fried steak w/ roll Broccoli and cauliflower Spanish rice Lime fruit sherbet Salsa sauce milk
14 Steak & cheese sandwich OR Jumbo hot dog on bun Natural cut potatoes Chilled peaches milk	15 Breakfast sandwich OR French toast stix w/ sausage links Hash brown potato Orange juice Bkft Syrup + milk	16 Chicken patty on bun OR bean & cheese burrito Mashed potatoes w/ gravy Green beans Warm fruit cobbler milk	17 Lasagna w/ breadstick OR chicken tenders w/ roll Tossed salad Applesauce cup Orange fruit sherbet milk Holiday Rice Krispie treat	18 Meatball sub sandwich OR cook's choice "buttered noodles" Mixed vegetables Assorted fruits milk
21 	22 <b>Happy Holidays</b>	23	24	25 Christmas Day 

\$2.90 student lunch includes one of two main dishes, hot vegetable or vegetable-type soup, fruit, and milk. Pre-paid lunches are available in our cafeterias.

**Pre-payment for student lunch accounts can be made by cash, check, or online at [www.pavforit.net](http://www.pavforit.net)** Menu is subject to change.

Nutrition Tip: Start a new holiday tradition this year - add physical activity to your family get-togethers. Plan a workout session for the morning, have a touch football game in the afternoon, or take a walk after the meal. You'll help everyone stay fit and enjoy family time, too!