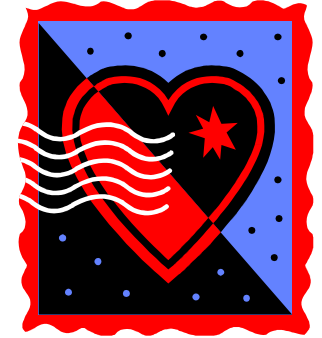





# Solon Middle School

February 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Footlong hot dog on bun OR French bread pizza Baked beans Green beans Cherry fruit juice bar Milk</p>	<p>2 Cheeseburger on bun OR baked crispy chicken Natural cut potatoes Sweet baby peas Flavored applesauce cup Milk</p>	<p>3 Grilled cheese sandwich w/ choc or vanilla pudding OR pizza pocket Tomato soup Broccoli cuts Diced pears + Milk</p>	<p>4 Chicken patty on a bun OR whole grain corndog Mashed potatoes w/gravy Green beans Fruit crisp Milk</p>	<p>5 Beefy, cheesy nachos OR meatloaf w/ roll Broccoli and cauliflower Spanish rice Lime fruit sherbet Salsa sauce + milk</p>
<p>8 Lasagna w/ breadstick OR hamburger on bun Tossed salad Applesauce Orange fruit sherbet milk</p>	<p>9 Spaghetti w/ meatsauce and soft breadstick OR Maxi-stix's Garden salad Apple juice Milk</p>	<p>10 Breakfast sandwich OR French toast sticks w/ sausage links Hash brown potato Orange juice milk</p>	<p>11 Steak &amp; cheese sandwich OR French bread pizza Natural cut potatoes Applesauce milk</p>	<p>12 Baked chicken nuggets Dinner roll Mashed potatoes w/ gravy OR BBQ pork on bun Steamed Carrot coins Raspberry fruit sherbet Milk, Valentine treat</p>
<p>15 No School  President's Day Holiday</p> 	<p>16 Baked chicken fryz w/ roll OR Salisbury steak w/ roll Seasoned noodles green beans pears Milk</p>	<p>17 Ash Wednesday Macaroni &amp; cheese Or grilled chicken sandwich Blueberry muffin Steamed broccoli cuts Applesauce milk</p>	<p>18 BBQ Rib on a bun OR mini corndogs Baked beans California blend veggies Fruit slushie Teddy grahams Milk</p>	<p>19 Baked fish on bun OR stuffed crust cheese pizza Seasoned waffle fries Corn kernels Fruit cocktail Assorted Jellos milk</p>
<p>22 Sloppy Joe on bun OR Quesadilla pizza Mixed vegetables Warmed Cherry crisp milk</p>	<p>23 Chicken fajitas Or hamburger on bun Spanish rice Steamed carrots Strawberry shortcake Gummi fruit snack + milk</p>	<p>24 Soft taco with cheese Lettuce and tomato, salsa sauce Or Meatball sub sandwich Sweet baby peas Chilled peaches milk Chocolate or vanilla pudding</p>	<p>25 <i>Domino's</i> pizza lunch Or veggie burger on bun Garden salad Apple-Nut bar milk</p>	<p>26 Whole grain cheese pizza OR c-try fried steak on bun Steamed broccoli cuts Lime fruit sherbet Trail mix Cinnamon toast crisps, Milk</p>

\$2.90 student lunch includes one of two main dishes, vegetable, fruit, and milk. Pre-paid lunches are available in our school cafeterias. Menu is subject to change.

**Pre-payments for student lunch accounts can be made by cash, check, or online at EZPay.** To view your child's meal history for the past two weeks, go to the solon schools webpage and click on parent tab, click on EZPay, login, click on the students name, and then click on meal history transactions.

**Nutrition Tip:** Fruits and veggies contain phytochemicals (FIGHT-O-CHEMICALS); natural substances that help defend our body against disease. Typically, the more colorful the produce, the more feisty phytochemicals will be included. Make your plate into a rainbow today!