



Solon Middle School



March 2009

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 2 Mexican pizza OR Chicken patty on bun Steamed broccoli cuts Lime fruit sherbet Trail mix Milk | 3 Footlong hot dog on bun w/ vegetarian chili OR c-try fried steak w/ roll Green beans Cherry juice bar Milk | 4 Hot turkey and gravy over mashed potatoes Blueberry muffin OR Italian sausage on bun Carrot coins Orange fruit sherbet + milk | 5 Breakfast sandwich OR French toast sticks w/ sausage links Hash brown potato Orange juice milk | 6 Stuffed crust cheese pizza OR cook's choice Seasoned curly fries Pineapple tidbits LF fudge bar milk |
| 9 Baked chicken fryz OR Salisbury steak Dinner roll Baked beans pears Milk | 10 Spaghetti with meatsauce Soft breadstick OR polish sausage Tossed salad Apple juice Chocolate pudding | 11 Rib-B-Q on bun OR Mini corndogs Green beans French fries Pineapple tidbits milk | 12 Macaroni and cheese Cranberry- nut muffin OR Grilled chicken on bun Steamed broccoli Applesauce milk | 13 Pizza-cheese quesadillas OR chicken fajitas w/ salsa sauce Spanish rice Corn kernels Strawberry shortcake milk |
| 16 Cheeseburger on bun OR stuffed crust pizza Natural cut potatoes Sweet baby peas Flavored applesauce cup Milk | 17 <i>Happy St. Patrick's Day</i> Popcorn chicken bowl (popcorn chicken, corn, w/ mashed potatoes & gravy) RF (red. fat) shredded cheddar cheese Applesauce + milk | 18 Grilled cheese sandwich w/ coffee cake or lemon bars OR meatball sub Tomato soup Broccoli cuts Diced pears + Milk | 19 Beefy cheesy nachos Spanish rice Broccoli and cauliflower Blue raspberry fruit shape-up | 20 <i>Domino's</i> pizza lunch OR veggie burger on bun California medley Choice of fruit Gummi fruit snack + Milk |
| 23 Chicken patty on a bun OR whole grain corndog Mashed potatoes w/gravy Green beans Fruit crisp Milk | 24 Meatball sub sandwich OR French bread pizza Seasoned noodles Mixed vegetables Pineapple tidbits + milk | 25 Steak & cheese sandwich OR BBQ beef on a bun Natural cut potatoes Warm cinnamon applesauce milk | 26 Lasagna w/ soft breadstick OR Hamburger on bun Tossed salad Orange fruit sherbet milk | 27 Breakfast sandwich (sausage egg and cheese or egg and cheese) Hash brown potato Orange juice + milk |
| 30 Pizza pocket OR Jumbo hot dog on bun Corn kernels Apple-nut bar milk | 31 Soft taco w/ cheese, lettuce & tomato w salsa OR Baked fish on bun Sweet baby peas + milk Mixed fruit + Chocolate pudding | | | |

\$2.75 student lunch includes one of two main dishes, hot vegetable or vegetable-type soup, fruit and milk. **Pre-payments for student lunch accounts can be made by cash, check, or online at www.pavforit.net.**

Nutrition tip: When a snack attack strikes, refuel w/ these nutrition-packed snacks! Microware a small baked potato, top w/ cheddar cheese, broccoli and salsa; Spread mustard or mayo on a slice of deli turkey and wrap around a sesame breadstick; Top a banana w/ low-fat vanilla and strawberry yogurt, sprinkle w/ whole grain cereal or granola; Sprinkle grated parmesan or mozz cheese on hot popcorn.

March is National Nutrition Month - Eat Right!!