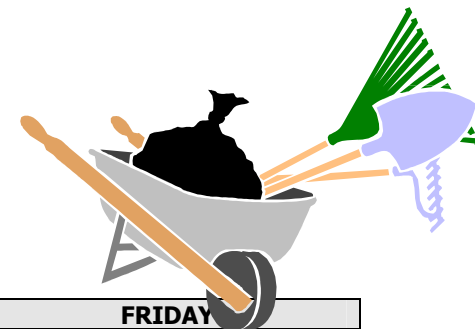


Solon Middle School

May 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken fajitas w/ Spanish rice OR Quesadillas California blend veggies Fruit shortcake Gummi fruit snack milk
4 Baked fish on bun OR meatball sub Seasoned waffle fries Green beans Fruit cocktail Milk	5 Cinco di Mayo Beefy, cheesy nachos OR whole grain cheese pizza Broccoli and cauliflower Corn kernels Blue raspberry fruit shape-up Milk, gummi fruit snack	6 Chicken nuggets w/ dinner roll OR stuffed crust cheese pizza Mashed potatoes/gravy Carrot coins Diced pears Milk	7 <i>Domino's</i> pizza lunch OR veggie burger on bun Tossed salad Assorted fruits Milk	8 Cheeseburger on bun OR BBQ rib sandwich Natural cut potatoes Sweet baby peas Flavored applesauce cup Milk
11 Steak & cheese sandwich OR Mexican pizza Natural cut potatoes applesauce	12 Breakfast sandwich OR French Toast sticks w/ sausage links Hash brown potato Orange juice Milk	13 Lasagna w/ breadstick OR hamburger on bun Corn kernels Applesauce Orange fruit sherbet milk	14 Chicken patty on a bun OR whole grain corndog Assorted French fries Green beans Fruit crisp Milk	15 Meatball sub sandwich OR grilled chicken on bun Sweet peas Mixed vegetables Pineapple tidbits Milk
18 Mini corndogs OR veggie burger on bun Cheesy potatoes Pineapple tidbits	19 Soft taco w/ cheese, lettuce & tomato, Salsa OR Jumbo hotdog on bun Sweet baby peas Fruit cocktail Chocolate pudding	20 Pizza pocket OR Salisbury steak w/ roll Hashbrown potato Fruit sherbet	21 Spaghetti w/ meatsauce Soft breadstick OR cook's choice Mixed vegetables Apple juice Chocolate pudding Milk	22 Sub sandwich Chicken noodle soup OR cheeseburger on bun Corn kernels Peaches LF ice cream sandwich
25 No School Memorial Day Holiday	26 Sloppy Joe on bun OR French bread pizza Mixed vegetables Fruit crisp	27 Stuffed crust cheese pizza OR BBQ rib on a bun Seasoned curly fries Pineapple tidbits Goldfish crackers	28 Chicken fryz w/ roll OR cooks choice Baked beans Diced pears	29 Steak & cheese sandwich OR cooks choice Natural cut potatoes applesauce



\$2.75 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. Menu is subject to change.

Parents: Pre-payments for student lunch accounts can be made by cash, check, or online at www.PayForIt.net

Nutrition Tip: When in doubt, remember that a variety of foods consumed in moderation, plus daily exercise, is the best motto for a healthy lifestyle.