



SOLON MIDDLE SCHOOL

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken patty on a bun OR Salisbury steak Mashed potatoes w/gravy Green beans Fruit crisp	2 Breakfast sandwich OR French Toast sticks w/ sausage links Hash brown potato Orange juice, maple syrup
5 Beef chili with roll OR Jumbo hot dog on bun Corn kernels Peaches LF ice cream sandwich	6 Soft taco w/ cheese, lettuce & tomato w salsa OR polish sausage on bun Sweet baby peas applesauce + Choc pudding	7 Mini corndogs OR meatloaf/dinner roll Cheesy potatoes Pineapple tidbits	8 Macaroni and cheese Blueberry muffin OR pizza pocket Steamed broccoli Fresh fruit	9 Meatball sub sandwich OR baked chicken tenders/roll Mashed potatoes Carrot coins applesauce
12 Stuffed crust cheese pizza OR burritos (beef & cheese or bean & cheese) Seasoned curly fries Diced pears, LF fudge bar	13 Sloppy Joe on bun OR mini corndogs Mixed vegetables Fruit crisp	14 <i>Domino's</i> Pizza lunch Tossed salad Apple nut bar	15 Turkey stir-fry w/ rice Cranberry nut muffin Asian vegetables OR southwest pizza Chilled peaches, Cherry juice bar	16 No School In-service Day
19 Mexican pizza OR c-try fried steak on bun Steamed broccoli cuts Lime fruit sherbet Animal crackers	20 Footlong hot dog on bun OR French bread pizza Vegetarian chili Green beans Cherry fruit juice bar	21 Rotini w/ meatsauce Soft breadstick OR whole grain corndog Tossed salad Apple juice, milk, choc pudding	22 Italian sausage on a bun OR chicken patty on bun Tossed salad Cherry Red Applesauce	23 Breakfast sandwich OR French toast stix w/ sausage links Hash brown potato Orange juice, maple syrup
26 Baked fish sandwich OR stuffed crust pizza Seasoned waffle fries Green beans Fruit cocktail	27 Chicken fajitas in flour tortilla Spanish rice OR cheese Quesadillas Lettuce, tomato, salsa California blend vegetables Strawberry shortcake	28 Baked chicken nuggets Dinner roll Mashed potatoes w/gravy OR pizza pocket Carrot coins Raspberry fruit sherbet	29 Beefy, cheesy nachos OR cooks choice Broccoli and cauliflower Corn kernels Blue raspberry fruit shape-up Milk, Gummi fruit snack	30 <i>Happy Halloween</i> <i>Grilled cheese on a pretzel bun OR Rib-B-Q Tomato soup Broccoli cuts Diced Pears</i>

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

Milk can be purchased for \$.50 cents. Our homemade Fruit Crisp is made with apples, cherries, or blueberries.

Nutrition Tip: A daily family walk is a great way to get your child and you moving! Some families take a walk after dinner. Others plan a morning walk on the weekends! Figure out the best time for your family's schedule and use the time to walk and talk! You'll be helping everyone get healthier.

Pre-payments for student lunch accounts can be made by cash, check, or online at EZpay. Check the parent tab for details.