

Solanco High School Menu August/September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Hot Ham & Cheese on Pretzel Roll French Fries Sliced Carrots Fruit Milk	28 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	29 Meatball Sandwich on WG Roll Onion Rings Steamed Broccoli Fruit Milk	30 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk	31 NO SCHOOL LABOR DAY HOLIDAY
3 NO SCHOOL LABOR DAY HOLIDAY	4 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk	5 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	6 Pizza Cheese Crunchers Tossed Salad Fruit Milk	7 Chicken Tenders Whole Grain Roll Green Beans Curly Fries Fruit Milk
10 Chicken Patty on WG Bun French Fries Steamed Broccoli Fruit Milk	11 Traveling Taco Lettuce/Cheese/Salsa Rice Refried Beans Corn Fruit Milk	12 Penne Pasta with Chicken Marinara or Alfredo Sauce Green Beans Fruit Milk	13 Hot Ham & Cheese on Pretzel Roll Curly Fries Sliced Carrots Fruit Milk	14 Stuffed Crust Pizza Tossed Salad Whole Grain Cookie Fruit Milk
17 French Toast Sticks Sausage Patty Hash Brown Fruit Milk	18 Ravioli Breadstick Steamed Broccoli Fruit Milk	19 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	20 Bacon Cheeseburger on WG Bun Baked Beans Onion Rings Fruit Milk	21 Pizza Sticks with Marinara Sauce Tossed Salad Fruit Milk
24 Wings Tater Tots Celery Sticks & Dip WG Roll Fruit Milk	25 Taco on Tortilla with Brown Rice Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	26 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	27 Cheesesteak Sandwich on WG Roll Cheese Sauce Sweet Potato Fries Baked Apple Crisp Milk	28 Chicken Tenders Whole Grain Roll Curly Fries Green Beans Fruit Milk

Breakfast Served Daily
7:15 am - 7:40 am
\$1.40

Menu subject to change without notice
Student Lunch \$2.50
Milk \$.50

Carrot Sticks, Salad, Juice Cups, and Fresh/Canned Fruit offered everyday

In addition to the entrees listed above, the cafeteria also offers a variety of hot & cold sandwiches and premade salads

"This institution is an equal opportunity provider."