

# Solanco High School Menu

## Oct-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Ham & Cheese on Pretzel Roll French Fries California Blend Vegetables Fruit Milk	2 Nacho Grande (Tortilla Chips w/ Meat & Cheese) Lettuce/Salsa Corn Refried Beans Fruit Milk	3 Popcorn Chicken Bowl with Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	4 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk	5 <b>NO SCHOOL</b>  <b>COLUMBUS DAY HOLIDAY</b>
8 <b>NO SCHOOL</b>  <b>COLUMBUS DAY HOLIDAY</b>	9 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk	10 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	11 Pizza Cheese Crunchers Tossed Salad Fruit Milk	12 Chicken Tenders Whole Grain Roll Green Beans Curly Fries Fruit Milk
15 Chicken Patty on WG Bun French Fries Steamed Broccoli Fruit Milk	16 Traveling Taco Lettuce/Salsa Brown Rice Refried Beans Corn Fruit Milk	17 Penne Pasta with Chicken Marinara or Alfredo Sauce Green Beans Whole Grain Roll Fruit Milk	18 Hot Ham & Cheese on Pretzel Roll Curly Fries California Blend Vegetables Fruit Milk	19 Stuffed Crust Pizza Tossed Salad Whole Grain Cookie Fruit Milk
22 French Toast Sticks Sausage Patty Hash Brown Fruit Milk	23 Ravioli Whole Grain Dinner Roll Steamed Broccoli Fruit Milk	24 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	25 Bacon Cheeseburger on WG Bun Baked Beans Onion Rings Fruit Milk	26 Pizza Sticks with Marinara Sauce Tossed Salad Fruit Milk
29 Wings Tater Tots Celery Sticks & Dip WG Roll Fruit Milk	30 Taco on Tortilla with Brown Rice Lettuce/Salsa Corn Refried Beans Fruit Milk	31 General Tso Chicken Brown Rice Steamed Broccoli 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."*