

## Solanco High School Menu Jan-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 Traveling Taco Lettuce/Salsa Brown Rice Corn Refried Beans Fruit Milk	3 Hot Ham & Cheese on Pretzel Roll Curly Fries California Blend Vegetables Fruit Milk	4 Pepperoni Pizza Tossed Salad Whole Grain Cookie Fruit Milk
7 Pancakes Sausage Links Hash Browns Fruit Milk	8 Macaroni & Cheese Soft Pretzel Rods Stewed Tomatoes Steamed Broccoli Fruit Milk	9 Popcorn Chicken Bowl with W G Roll Mashed Potatoes Corn Fruit Milk	10 Bacon Cheeseburger on WG Roll Baked Beans Onion Rings Fruit Milk	11 Pizza Sticks With Marinara Sauce Tossed Salad Fruit Milk
14 Wings with Whole Grain Roll Tater Tots Celery Sticks & Dip Fruit Milk	15 Nacho Grande Tortilla Chips w/Meat & Cheese Lettuce/Salsa Corn Refried Beans Fruit Milk	16 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	17 Cheese Steak Sub on Whole Grain Roll Sweet Potato Fries Apple Crisp Fruit Milk	18 Chicken Tenders with Whole Grain Roll Curly Fries Tossed Salad Fruit Milk
21  NO  School	22 Taco on Tortilla Tortilla Chips w/Meat & Cheese w/Brown Rice Corn Refried Beans Fruit Milk	23 Popcorn Chicken Bowl w/ Whole Grain Roll Mashed Potatoes Corn Fruit Milk	24 Meatball Sandwich on Whole Grain Roll Onion Rings Broccoli Fruit Milk	25 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk
28 Corn Dog Nuggets Tater Tots California Blend Vegetables Fruit Milk	29 Pulled Pork BBQ on Whole Grain Roll French Fries Baked Beans Fruit Milk	30 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	31 Pizza Cheese Crunchers Marinara Sauce Tossed Salad Fruit Milk	Chicken Tenders with 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."*