


## Solanco High School Menu August/September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Hot Ham & Cheese on Pretzel Roll French Fries California Blend Vegetables Fruit Milk	30 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	31 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	1 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk	2 <b>NO SCHOOL</b>  <b>LABOR DAY HOLIDAY</b>
5 <b>NO SCHOOL</b>  <b>LABOR DAY HOLIDAY</b>	6 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk	7 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	8 Pizza Cheese Crunchers Tossed Salad Fruit Milk	9 Chicken Tenders Whole Grain Roll Green Beans Curly Fries Fruit Milk
12 Chicken Patty on WG Bun French Fries Steamed Broccoli Fruit Milk	13 Traveling Taco Lettuce/Cheese/Salsa Rice Refried Beans Corn Fruit Milk	14 Wings Tater Tots Celery Sticks and Dip WG Roll Fruit Milk	15 Hot Ham & Cheese on Pretzel Roll Curly Fries California Blend Vegetables Fruit Milk	16 Pizza Tossed Salad Whole Grain Cookie Fruit Milk
19 Pancakes Sausage Patty Hash Brown Fruit Milk	20 Macaroni and Cheese Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Fruit Milk	21 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	22 Bacon Cheeseburger on WG Bun Baked Beans Onion Rings Fruit Milk	23 Pizza Sticks with Marinara Sauce Tossed Salad Fruit Milk
26 Chicken Alfredo over Penne Pasta Green Beans Fruit Milk	27 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	28 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	29 Hot Turkey/bacon & Cheese on Pretzel Roll French Fries California Blend Vegetables Fruit Milk	30 

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

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

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

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."*