

Solanco High School Menu

Jan-23

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 2 Cheese Steak Sub on WG Roll With Peppers and Onions Cheese Sauce Sweet Potato Puffs Fruit Milk | 3 Traveling Taco Lettuce/Cheese/Salsa Refried Beans Corn Fruit Milk | 4 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk | 5 Hot Ham & Cheese on Pretzel Roll French Fries Broccoli Fruit Milk | 6 Pizza Tossed Salad Whole Grain Cookie Fruit Milk |
| 9 Pancakes Sausage Patties Hash Browns Fruit Milk | 10 Chicken Patty on WG Roll Baked Beans Curly Fries Fruit Milk | 11 General Tso Chicken Fried Rice Steamed Broccoli Fortune cookie Fruit Milk | 12 Pizza Cheese Crunchers Marinara Sauce Tossed Salad Fruit Milk | 13 COOK'S CHOICE |
| 16 NO SCHOOL | 17 Traveling Taco Lettuce/Cheese/Salsa Refried Beans Corn Fruit Milk | 18 Fried Chicken Whole Grain Roll Mashed Potatoes Corn Fruit Milk | 19 Chicken Tenders Whole Grain Roll Green Beans Curly Fries Fruit Milk | 20 Macaroni and Cheese Garlic Bread Stick Stewed Tomatoes Steamed Broccoli Fruit Milk |
| 23 NO SCHOOL (91st Day subject to change) | 24 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk | 25 Wings Tater Tots Celery Sticks and Dip WG Roll Fruit Milk | 26 Meatball Sub on WG Roll Onion Rings Broccoli Fruit Milk | 27 Pizza Sticks Tossed Salad Fruit Milk |
| 30 Chicken Alfredo over WG Pasta Garlic Bread Stick Green Beans Fruit Milk | 31 Bacon Cheeseburger on WG Roll Onion Rings Mixed Veggies Fruit Milk | | | |

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

Carrot Sticks and Hot Vegetable of the day, Fresh/Canned Fruit offered everyday
Juice offered M/W/F and Slushy T/TH

Breakfast Served Daily
7:15 am - 7:40 am
FREE FOR ALL STUDENTS

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."