


Solanco High School Menu

August/September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Bacon Cheeseburger on WG Bun Baked Beans Onion Rings Fruit Milk	29 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	30 Chicken & Cheese Quesadilla served w/ salsa and sour cream Fiesta Rice Corn Fruit Milk	31 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk	NO SCHOOL LABOR DAY HOLIDAY
NO SCHOOL LABOR DAY HOLIDAY	5 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	6 French Toast Sticks w/ syrup Sausage Patty Hash brown Fruit Milk	7 Pizza Cheese Crunchers served w/ marinara sauce Tossed Salad Fruit Milk	8 Chicken Tenders Whole Grain Roll Green Beans Curly Fries Fruit Milk
11 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk	12 Traveling Taco Lettuce/Cheese/Salsa Rice Refried Beans Corn Fruit Milk	13 General Tso Chicken Brown Rice Steamed Broccoli Fruit Milk	14 Hot Ham & Cheese on Pretzel Roll Curly Fries California Blend Vegetables Fruit Milk	15 Pizza Tossed Salad Whole Grain Cookie Fruit Milk
18 Pancakes Sausage Patty or links Hash Brown Fruit Milk	19 Pasta & Meatballs Texas Toast Tossed Salad Fruit Milk	20 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	21 Burrito w/taco meat & cheese on a flour tortilla lettuce, tomato, salsa Refried beans Fruit Milk	22 Cruchy Fish Sticks w/tarter sauce Oven Fries Seasoned green beans Fruit Milk
25 Chicken Alfredo over Penne Pasta Green Beans Fruit Milk	26 Grilled Cheese on whole grain bread Tomato soup w/ crackers Fresh Broccoli Fruit Milk	27 General Tso Chicken w/ Brown Rice Steamed Broccoli Fruit Milk	28 Hot Turkey/bacon & Cheese on Pretzel Roll French Fries California Blend Vegetables Fruit Milk	29 

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 (free for the 23-24 school year)
 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."