

Solanco High School Menu

Nov-23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fried Chicken Whole Grain Dinner Roll Mashed Potatoes California Blend Fruit Milk	2 Homemade Grilled Cheese on Whole Grain Bread Tomato Soup w/Crackers Celery Sticks Fruit Milk	3 Pizza Tossed Salad Whole Grain Cookie Fruit Milk
6 Meatballs and Pasta Garlic Knot Tossed salad Fruit Milk	7 Traveling Taco Lettuce/Cheese/Salsa Refried Beans Corn Fruit Milk	8 General Tso Chicken Brown Rice Steamed Broccoli Fortune Cookie Fruit Milk	9 Chicken Tenders Whole Grain Dinner Roll Mixed Veggies Curly Fries Fruit Milk	10 NO SCHOOL
13 French Toast Sticks w/ syrup Sausage Patties Hash browns Fruit Milk	14 Bacon Cheeseburger on WG Bun Baked Beans Onion Rings Fruit Milk	15 Turkey Mashed Potatoes and Gravy WG Dinner Rolls California Blend Veggies Apple Crisp Milk	16 Cheese Steak Sub On WG Roll W/Peppers and Onions Cheese Sauce Sweet Potato Puffs Fruit Milk	17 Pizza Cheese Crunchers served w/ marinara sauce Tossed Salad Fruit Milk
20 Subway Subs Italian Subs Chips Veggies/Dip Fruit Milk	21 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	22 Wings Tater Tots Celery Sticks w/Dip Whole Grain Roll Fruit Milk	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk	29 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	30 Pancakes w/syrup Sausage Patties Hash Browns Fruit Milk	

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."

