

# Solanco High School Menu

## Jan-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <b>NO SCHOOL</b>	2 Chicken Parmesan over WG Pasta Garlic Breadstick Green Beans Fruit Milk	3 Wings Tater Tots Whole Grain Roll Celery Sticks Fruit Milk	4 Cheese Steak Sub on WG Roll w/Peppers and Onions Cheese Sauce Sweet Potato Puffs Fruit Milk	5 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk
8 Pancakes w/syrup Sausage Patties Hash Browns Fruit Milk	9 Traveling Taco Lettuce/Cheese/Salsa Refried Beans Corn Fruit Milk	10 General Tso Chicken Brown Rice Steamed Broccoli Fortune Cookie Fruit Milk	11 Hot Ham and Cheese on a Pretzel Roll French Fries Mixed Veggies Fruit Milk	12 Chicken Tenders Whole Grain Dinner Roll Mixed Veggies Curly Fries Fruit Milk
15  <b>NO SCHOOL</b>	16 Chicken & Cheese Quesadilla w/Salsa and Sour Cream Fiesta Rice Corn Fruit Milk	17 Fried Chicken Whole Grain Dinner Roll Mashed Potatoes California Blend Fruit Milk	18 Pulled Pork BBQ on WG Roll French Fries Baked Beans Fruit Milk	19 Pizza Cheese Crunchers served w/ marinara sauce Tossed Salad Fruit Milk
22  <b>91st Day-NO SCHOOL</b>	23 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	24 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes/Gravy Corn Fruit Milk	25 Meatball Sub on WG Roll Onion Rings Broccoli Fruit Milk	26 Subway Lettuce and pickles Chips Veggies and Dip Fruit Milk
29 Mac and Cheese Stewed Tomatoes Steamed Broccoli Garlic Breadstick Fruit Milk	30 Fish Sticks w/tater sauce Oven Fries Mixed Veggies Fruit Milk	31 Tangerine Chicken Brown Rice Oriental Vegetable Blend Fruit Milk		

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

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

**Breakfast Served Daily (free for the 23-24 school year)**  
**7:15 am - 7:40 am**

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."*

