

Solanco High School Menu

Oct-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Burrito w/Taco Meat&Cheese on a Flour Tortilla Refried Beans &Black Beans Fruit Milk	2 Fried Chicken Whole Grain Dinner Roll Mashed Potatoes/Gravy California Blend Fruit Milk	3 French Toast Sticks w/Syrup Sausage Patties Hash Browns Fruit Milk	4 Chicken Tenders Whole Grain Dinner Roll Green Beans French Fries Fruit Milk
7 Variety of Chicken and Ham Sandwiches on a Bun Veggies and Dip Seasoned Potato Wedges Fruit Milk	8 Traveling Taco Lettuce/Cheese/Salsa Refried Beans &Black Beans Corn Fruit Milk	9 General Tso Chicken Fried Rice Broccoli Fruit Milk	10 Chicken Parmesan over WG Pasta Garlic Breadstick Green Beans Fruit Milk	11 NO SCHOOL
14 NO SCHOOL	15 Cowboy Quesadilla Texas Ranchero Beans Hush Puppies Corn Fruit Milk	16 Wings Tater Tots Whole Grain Dinner Roll Celery Sticks Fruit Milk	17 Mac and Cheese Stewed Tomatoes Broccoli Garlic Breadstick Fruit Milk	18 Pizza(Cheese or BBQ Chicken) Tossed Salad Whole Grain Cookie Fruit Milk
21 Hot Ham and Cheese on a Pretzel Roll Seasoned Potato Wedges Mixed Veggies Fruit Milk	22 Nacho Grande w/Torilla Chips Lettuce/Cheese/Salsa Corn Refried Beans Fruit Milk	23 Popcorn Chicken Mashed Potatoes/Gravy Corn Whole Grain Dinner Roll Fruit Milk	24 Pizza Crunchers served w/Marinara Sauce Tossed Salad Fruit Milk	25 Chicken Tenders Whole Grain Dinner Roll Green Beans French Fries Fruit Milk
28 Bacon Cheeseburger on WG Roll Baked Beans Onion Rings Fruit Milk	29 Chicken & Cheese Quesdilla w/Salsa & Sour Cream Fiesta Rice Corn Fruit Milk	30 Tangerine Chicken Brown Rice Oriental Blend Vegetable Fruit Milk	31 Homemade Grilled Cheese on WG Bread Tomato Soup Celery Sticks and Ranch Dip 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 24-25 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."

