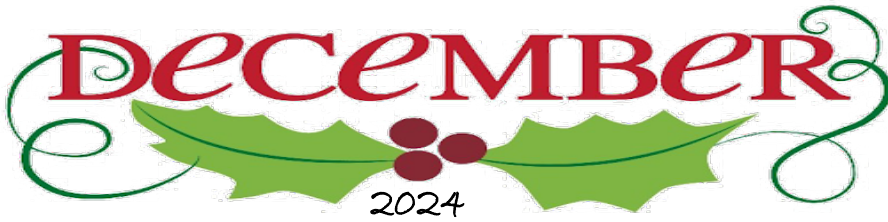



# Solvay Middle School Menu

USDA and Solvay UFSD are an equal opportunity provider and employer.



**FREE BREAKFAST & LUNCH  
FOR ALL**  
Elementary, Middle & High School Students

LUNCH MENU - Lunch menu is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Available Daily Made-to-Order Deli Bar Entree Salads Yogurt Parfait Meal Chef's Choice Peanut Butter &amp; Jelly</p>		<p>Available with Lunch- Assorted Fruit and Milk Choice. <b>Students may take up to 2 fruits with their lunch.</b> Fruit choices: fresh and canned. Milk Choices: Skim, 1% and Fat Free Chocolate</p>		
<p>2 Chicken/Bacon Ranch Sandwich on WG Bun Tator Tots Steamed Corn Assorted Fruit Choice</p>	<p>3 Burger Day Plain or w/cheese WG Bun BBQ Beans Carroteenies Assorted Fruit Choice</p>	<p>4 Mac &amp; Cheese WG Dinner Roll Peas Romaine Spinach Salad Assorted Fruit Choice</p>	<p>5 Chicken Nuggets w/ Sauce WG Dinner Roll Mixed Veggies Fresh Carrots Assorted Fruit Choice</p>	<p>6 WG Pizza Crunchers Marinara Sauce Broccoli Romaine Spinach Salad Assorted Fruit Choice</p>
<p>9 Chicken Poppers w/ Sauces WG Dinner Roll Fresh Carrots BBQ Beans Assorted Fruit Choice</p>	<p>10 Toasted Cheese Sandwich Campbell's Tomato Soup Green Beans Assorted Fruit Choice</p>	<p>11 Pasta w/Meat Sauce WG Garlic Bread Broccoli Assorted Fruit Choice</p>	<p>12 Chicken &amp; Gravy WG Biscuit Steamed Carrots Assorted Fruit Choice</p>	<p>13 WG French Bread Pizza Corn Romaine Spinach Salad Assorted Fruit Choice</p>
<p>16 General Tso's Chicken Brown Rice Dinner Roll Broccoli Assorted Fruit Choice</p>	<p>17 Beef Taco Tostitos Chips WG Corn Bread Refried Beans Corn Assorted Fruit Choice</p>	<p>18 Chicken Patty or Spicy Chicken Sandwich on WG Roll Mixed Veggies Romaine Spinach Salad Assorted Fruit Choice</p>	<p>19 Chicken &amp; Waffles (Chicken tenders &amp; WG Waffle) Mixed Veggies Assorted Fruit Choice</p>	<p>20 WG Stuffed Crust Pizza Green Beans Carroteenies Assorted Fruit Choice</p>



BREAKFAST MENU - breakfast menu is subject to change without notice.

## Monday -Friday Choice of: Cereals, Muffins, Chefs Choice

Available with Breakfast - Assorted Fruit & Milk Choices  
Students may take up to 2 fruits with their breakfast  
Fruit Choices: Cupped or 100% Juice  
Milk Choices: 1% & 1% Chocolate



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