

Solvay Middle School Menu

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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
5 Chicken Nuggets w/ Sauce WG Dinner Roll Green Beans Fresh Carrots Assorted Fruit Choice	6 Chicken/Bacon Ranch Sandwich on WG Bun Tator Tots Steamed Corn Assorted Fruit Choice	7 Mac & Cheese WG Dinner Roll Peas Romaine Spinach Salad Assorted Fruit Choice	8 Cheeseburger or Hamburger on WG Bun Steak Fries Carroteenies Assorted Fruit Choice	9 WG Pizza Crunchers Marinara Sauce Broccoli Romaine Spinach Salad Assorted Fruit Choice
12 Chicken Poppers w/ Sauces WG Dinner Roll Fresh Carrots BBQ Beans Assorted Fruit Choice	13 Toasted Cheese Sandwich Campbell's Tomato Soup Green Beans Assorted Fruit Choice	14 Pasta w/Meat Sauce WG Garlic Bread Broccoli Assorted Fruit Choice	15 Beef Taco Tostitos Chips WG Corn Bread Refried Beans Corn Assorted Fruit Choice	16 WG Stuffed Crust Pizza Romaine Spinach Salad Carroteenies Assorted Fruit Choice
19  MARTIN LUTHER KING I HAVE A DREAM	20 Hot Dog or Chili Cheese Dog /WG Roll French Fries Baked Beans Assorted Fruit Choice	21 Chicken & Gravy WG Biscuit Mashed Potatoes Green Beans Assorted Fruit Choice	22 Chicken & Waffles (Chicken tenders & WG Waffle) Mixed Veggies Assorted Fruit Choice	23 WG French Bread Pizza Corn Romaine Spinach Salad Assorted Fruit Choice
26 General Tso's Chicken Brown Rice Dinner Roll Broccoli Assorted Fruit Choice	27 Brunch for Lunch French Toast sticks Sausage Patty Hash Brown Carroteenies Assorted Fruit Choice	28 BBQ Rib Sandwich on WG Bun Tator Tots Carroteenies Assorted Fruit Choice	29 Chicken Parmesan Sandwich on WG Roll Green Beans Assorted Fruit Choice	30 Round Personal Pizza Steamed Carrots Romaine Spinach Salad Assorted Fruit Choice



Available Daily
Made-to-order Deli Bar
Entree Salads
Yogurt Parfait Meal
Chef's Choice
Peanut Butter & Jelly Sandwich

Available with Lunch-Assorted Fruit and Milk Choice
Students may take up to 2 fruits with their lunch
Fruit choices: Assorted Fresh and canned Fruit
Milk Choices: Skim, 1%, and Fat Free Chocolate



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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