

Solvay High 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
5 Chicken Tenders 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 Double Cheeseburger or Hamburger on WG Bun Steak Fries Carroteenies Assorted Fruit Choice	9 Buffalo Chicken Wing or Cheese Pizza Broccoli Romaine Spinach Salad Assorted Fruit Choice
12 Chicken Poppers w/ Dippin 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 Pizza Crunchers Marinara sauce Green Beans Carroteenies Assorted Fruit Choice
19  MARTIN LUTHER KING I HAVE A DREAM	20 Regent's Week No Lunches	21 Regent's Week No Lunches	22 Regent's Week No Lunches	23 Regent's Week No Lunches
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 Chicken Alfredo Garlic Stick Romaine Salad Baby Carrots Assorted Fruit Choice	29 Chicken & Waffles (Chicken tenders & WG Waffle) Mixed Veggies Assorted Fruit Choice	30 Bryant's Chicken Bacon Ranch Pizza or Cheese Pizza Green Beans Romaine Spinach Salad Assorted Fruit Choice



Available Daily
Made to order Deli bar, Pizza Variety,
Chicken Patty Sandwich, Spicy Chicken Sandwich,
Yogurt Parfait Meal, Chef's Choice,
Entree Salad, PB & J 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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