

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
 8 Mozzarella Sticks Marinara Sauce Tator Tots Carroteenies Assorted Fruit Choice	 9 General Tso's Chicken Brown Rice Broccoli Assorted Fruit Choice	3 Chicken Nuggets Dinner Roll French Fries Carroteenies Assorted Fruit Choice	4 Cheeseburger or Hamburger/ WG Bun Bush's BBQ Beans Fresh Carrots Assorted Fruit Choice	5 WG French Bread Pizza Corn Romaine Salad Assorted Fruit Choice
15 Chicken-n-Waffles Chicken Tenders WG Waffle w/Syrup Steamed Carrots Assorted Fruit Choice	16 Toasted Cheese Sandwich Campbell's Tomato Soup Green Beans Carroteenies Assorted Fruit Choice	10 Mac & Cheese WG Dinner Roll Peas Assorted Fruit Choice	11 Chicken Fajita w/ Peppers & Onions Black Beans Carroteenies Assorted Fruit Choice	12 Stuffed Crust Pizza Romaine/ Spinach Salad Fresh Carrots Assorted Fruit Choice
22 Shrimp Poppers WG Stuffed Cheese Stick Carroteenies Assorted Fruit Choice	23 Chicken Sundae Bowl WG Mini Roll Corn Assorted Fruit Choice	17 Pasta w/Meat Sauce Garlic Stick Romaine & Spinach Salad Assorted Fruit Choice	18 Beef Nachos Grande w/ Cheese & Salsa WG Corn Bread Refried Beans Corn Assorted Fruit Choice	19 WG Pizza Crunchers Marinara Sauce Broccoli Assorted Fruit Choice
29 BBQ Rib Sandwich WG Bun Bush's BBQ Beans Potato Wedges Assorted Fruit Choice	30 French Toast Sticks Sausage Patty Hash Brown Patty Fresh Carrots Assorted Fruit Choice	24 Chicken Patty Sandwich Romaine & Spinach Salad Green Beans Assorted Fruit Choice	25 Soft Beef Taco w/ Cheese and lettuce WG Corn Bread Black Beans Corn Assorted Fruit Choice	26 Pizza Rounds Broccoli Fresh Carrots Assorted Fruit Choice
Alternate Entrees Available Daily: Made-to-Order Deli Bar Entrée Salads Peanut Butter & Jelly or Cheese Sandwich Chef's Choice				Available with LUNCH - Assorted Fruit & Milk Choice Students may take up to 2 fruits with their lunch Fruit Choices: canned and fresh Milk Choices: 1% and 1 % Chocolate

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

Offered Monday -Friday Choice of: **Cereals, Muffins, Breakfast Sandwiches, Chef's 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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 mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov This institution is an equal opportunity provider.