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Solomon Jr. High School MAY 2017 Lunch Menu
 The Nutrition Group

The Grille

Monday: Meatball and Cheese Sub
Tuesday: Cheeseburger on a Bun
Wednesday: Cheese Steak Hoagie
Thursday: BBQ Ribs on a Bun
Friday: Corn Dog Nuggets*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| 1 Chicken Parmesan with Bread Slice Green Beans Mixed Fruit Low Fat Milk | 2 Hot Ham and Cheese Cosmo Steamed Broccoli Pineapple Low Fat Milk | 3 Cheeseburger on a Bun Baked Beans Sliced Pears Low Fat Milk | 4 Star Wars Day- May the 4th Be With You Light Saber French Toast Sticks Skywalker Sausage Patties Darth Vader Tots Yoda Green Applesauce Princess Leah Low Fat Milk | 5 Cinco De Mayo Chicken Fajita with Tortilla and Bread Golden Corn Mandarin Oranges Low Fat Milk |
| 8 Hot Dog on a Bun Baked Beans Juicy Peaches Low Fat Milk | 9 Taco Nacho's with Bread Golden Corn Sliced Apples Fat Free Milk | 10 Orange Kissed Chicken with Rice Steamed Broccoli Diced Pears Low Fat Milk | 11 Pulled Pork BBQ on a Bun Carrot Coins Pineapple Tidbits Low Fat Milk | 12 Cheesy Pizza Green Beans Mixed Fruits Low Fat Milk |
| 15 Corn Dog Nuggets Steamed Broccoli Diced Peaches Low Fat Milk | 16 Mac and Cheese with Bread Green Beans Sliced Pears Low Fat Milk | 17 Breaded Pork Patty with Slice of Bread Mixed Vegetables Mandarin Oranges Low Fat Milk | 18 Meatball Hoagie Carrot Coins Applesauce Low Fat Milk | 19 Fiesta Tostada Mexican Pizza Sweet Peas Tropical Fruit Salad Low Fat Milk |
| 22 Sloppy Joe on a Bun Carrot Coins Mixed Fruit Low Fat Milk | 23 Fish Sticks with Bread Steamed Broccoli Diced Pears Low Fat Milk | 24 Grilled Cheese Baked Beans Pineapple Low Fat Milk | 25 Chicken Cheese Steak Sweet Peas Cinnamon Apple slices Low Fat Milk | 26 Cheesy Pizza Square Mixed Vegetables Juicy Peaches Low Fat Milk |
| 29 NO SCHOOL | 30 Chicken Cordon Blue On a Bun Green Beans Mixed Fruit Low Fat Milk | 31 BBQ Rib on a Bun Broccoli Florets Pineapple Tidbits Fat Free Milk | 6/1 Salisbury Steak with 2 Slices of Bread Carrot Coins Diced Pears Low Fat Milk | 6/3 Chicken Nuggets with Bread Sweet Peas Applesauce Cups Low Fat Milk |
| Plain or Spicy Chicken Patty Meatball and Cheese Sub | Hot Wing Tender Hoagie Cheeseburger On a Bun | Cheese steak Hoagie Chicken Sticks with Bread | BBQ Rib on a Bun Chicken Nuggets with Bread | Corn Dog Nuggets Popcorn Chicken |

The Garden

Salad Selection may vary by day but Include:
 Chicken Caesar Salad
 Chef Salad
 Breaded Chicken Salad
 Grilled Chicken Salad

All Salads served with Bread Slice

The Pizzeria

Pizza By the Slice Available Daily

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

The Deli

Deli Sandwiches May Vary By Day But Include:
 Turkey And Cheese
 Ham and Cheese
 Bologna Or Salami and Cheese
 Roast Beef and Cheese
 Italian Hoagie
 *Peanut Butter and Jelly
 *peanut butter may be mixed with sun butter

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

- *Vegetable Bar includes:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
- *Fruits include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears

Selections Offered with a Choice of Fruits, Vegetables and Low Fat Milk

Milk

Milk Choices Offered Daily:
 1% white, non-fat white, non-fat flavored

Proud to manage your food service program
 The Nutrition Group

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Accepting Applications for Cafeteria Employees Please use Contact Information

Listed Above for more information

MENUS SUBJECT TO CHANGE