




















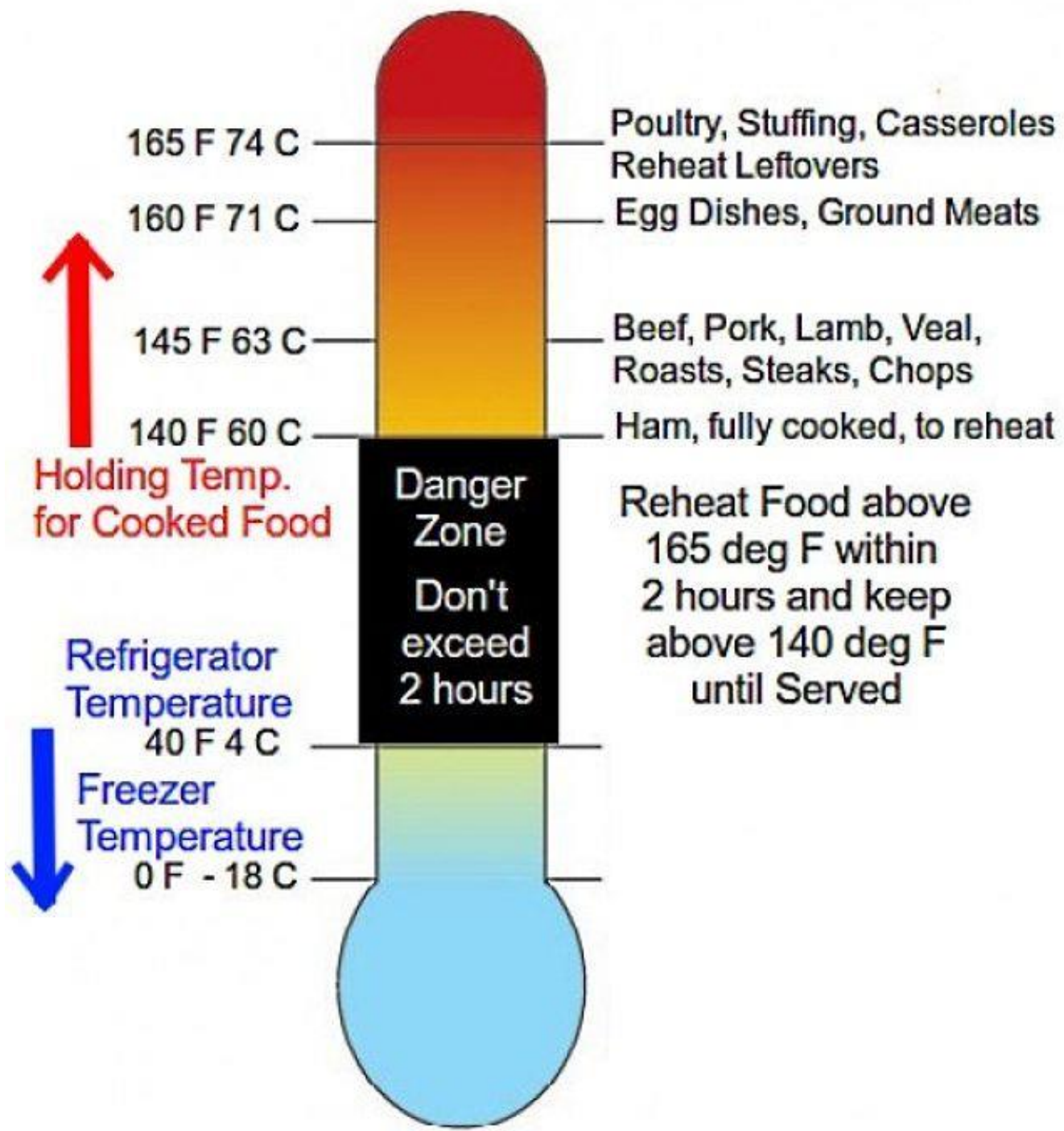


**Solnit Centers Cycle Menu - Week One Sept 13th -19th**








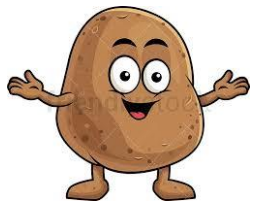




	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	Boiled Egg WG-Toast Chicken Sausage  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Breakfast Muffin Sandwich (Ham Egg & Cheese)  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	 <b>FRENCH TOAST</b> Sausage links w/ Syrup Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Hot Farina Bran Muffin Cheese Stick  Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% & Fat Free	Blue Berry Pancake w/syrup  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Scramble Eggs & Cheese Sausage Patty  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	 w/ Cheese Stick and Yogurt Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free
<b>L U N C H</b>	Chicken Nuggets w/ Potato Tots and Steamed Green Beans  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free	<b>Taco Tuesday</b> Crunch Wraps w/ Rice Pilaf Black Bean and Corn Salad  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free	Turkey Club Wrap w/ Sweet Potato Fries and Steamed Broccoli  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free	Pulled Chicken w/ Refried Beans over Rice with Glazed Carrots  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free	Burger Bar /Sweet Potato Fries L&T Pickles  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free	American Chop Suey Garlic Bread Green Beans  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free	Teriyaki Beef & Broccoli Brown Rice Egg roll  Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free
<b>D I N N E R</b>	Meatloaf w/ Gravy Buttered mashed Potatoes Vegetables Medley  Salad and Roll Fruit Milk: 1% & Fat Free	BBQ Chicken w/ Cornbread Rice and Beans  Salad and Roll Fruit Milk: 1% & Fat Free	Spaghetti and Meatballs w/ Garlic Bread and Caesar Salad  Salad and Roll Fruit Milk: 1% & Fat Free	Roasted Pork w/ sauteed Cinnamon Apples and Greens  Salad and Roll Fruit Milk: 1% & Fat Free	Pizza w/ Caesars Salad  Salad and Roll Fruit Milk: 1% & Fat Free	Chili Hot Dogs w/ Sun Chips and Mixed Veggies  Salad and Roll Fruit Milk: 1% & Fat Free	Pulled Pork Sandwich with Potato Salad and Garden Veggies  Salad and Roll Fruit Milk: 1% & Fat Free

Served with Fresh Fruit. Tossed Salad available at Lunch and Dinner - Fruit available at each meal period.  
 All Vegetable and Fruit servings are 1 cup servings (may have multiple servings of Veggies). Milk and Juice are 8oz servings

**Alternate: Assorted Sandwiches, Sun butter & Jelly, Salad with Protein or Yogurt/Cheese Stick and Cracker**



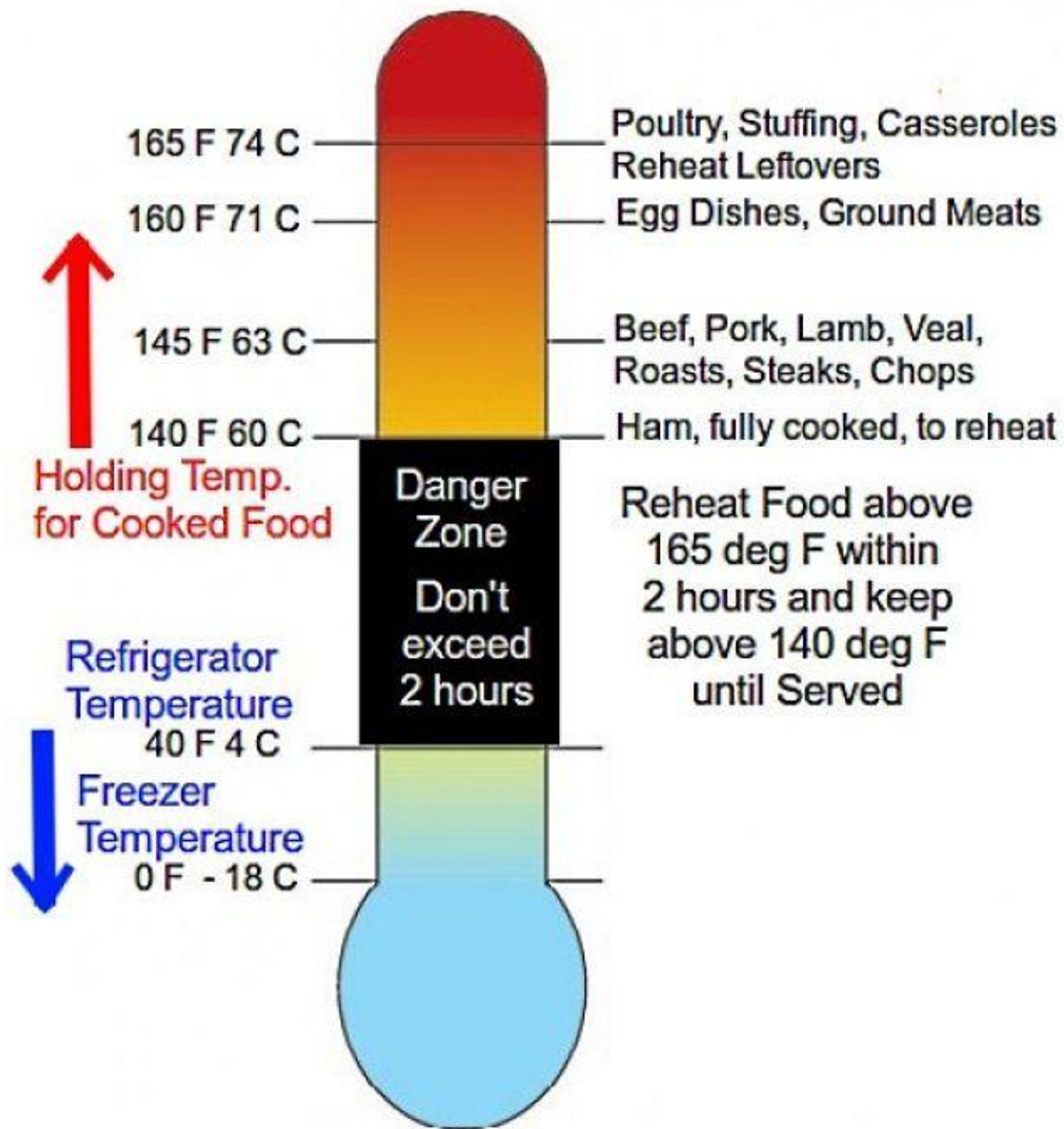
**Solnit Centers Cycle Menu- Week Two Sept. 20 - Sept 26th**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	<p>Chicken &amp; Waffle w/ Syrup</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Fried Egg w/ Sausage English Muffin</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Western Country Style Eggs WW Toast</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Vegetarian Frittata</p>  <p>Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Lumber jack Short Stack w/syrup Grilled Ham</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Breakfast Sandwich on a Bagel</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Sausage Gravy on a Biscuit Hash Brown</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>
<b>L U N C H</b>	<p>Grilled Cheese and Tomato Soup Carrot Sticks</p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>	<p>Traditional Taco w/ Refried Beans Buttered Corn</p> <p><b>TACO TUESDAY</b></p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>	<p>Crispy Buffalo Chicken Sandwich w/ Chips and Sauteed Veggies</p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>	<p>Meatball Grinder w/ Sun Chips and Steamed Broccoli</p> <p><b>MEATBALL SUBS</b></p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>	<p>Burger Bar /Sweet Potato Fries L&amp;T Pickles</p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>	<p>Grilled Cheese Sun Chip Tomato Soup</p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>	<p>Turkey Burger Lettuce &amp; tomato French Fries</p>  <p>Salad and Roll Fruit Fresh &amp; Chilled Milk: 1% &amp; Fat Free</p>
<b>D I N N E R</b>	<p>General Tso Chicken w/ Jasmine Rice Stir Fried Veggies</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Baked Potato Bar</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Pasta w/ Choice of Sausage or Meatballs served w/ Sauteed Zucchini</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Baked Chicken w/ Green Beans and Roasted Potatoes</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Pizza w/ Salad and Veggie Sticks</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Chicken w/ Corn and Potato Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Shepard's Pie w/ Mixed Vegetables and Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>





















Served with Fresh Fruit. Tossed Salad available at Lunch and Dinner - Fruit available at each meal period.  
All Vegetable and Fruit servings are 1 cup servings (may have multiple servings of veggies). Milk and Juice are 8oz servings

**Alternate: Assorted Sandwiches, Sun butter & Jelly, Salad with Protein or Yogurt/Cheese Stick and Cracker**



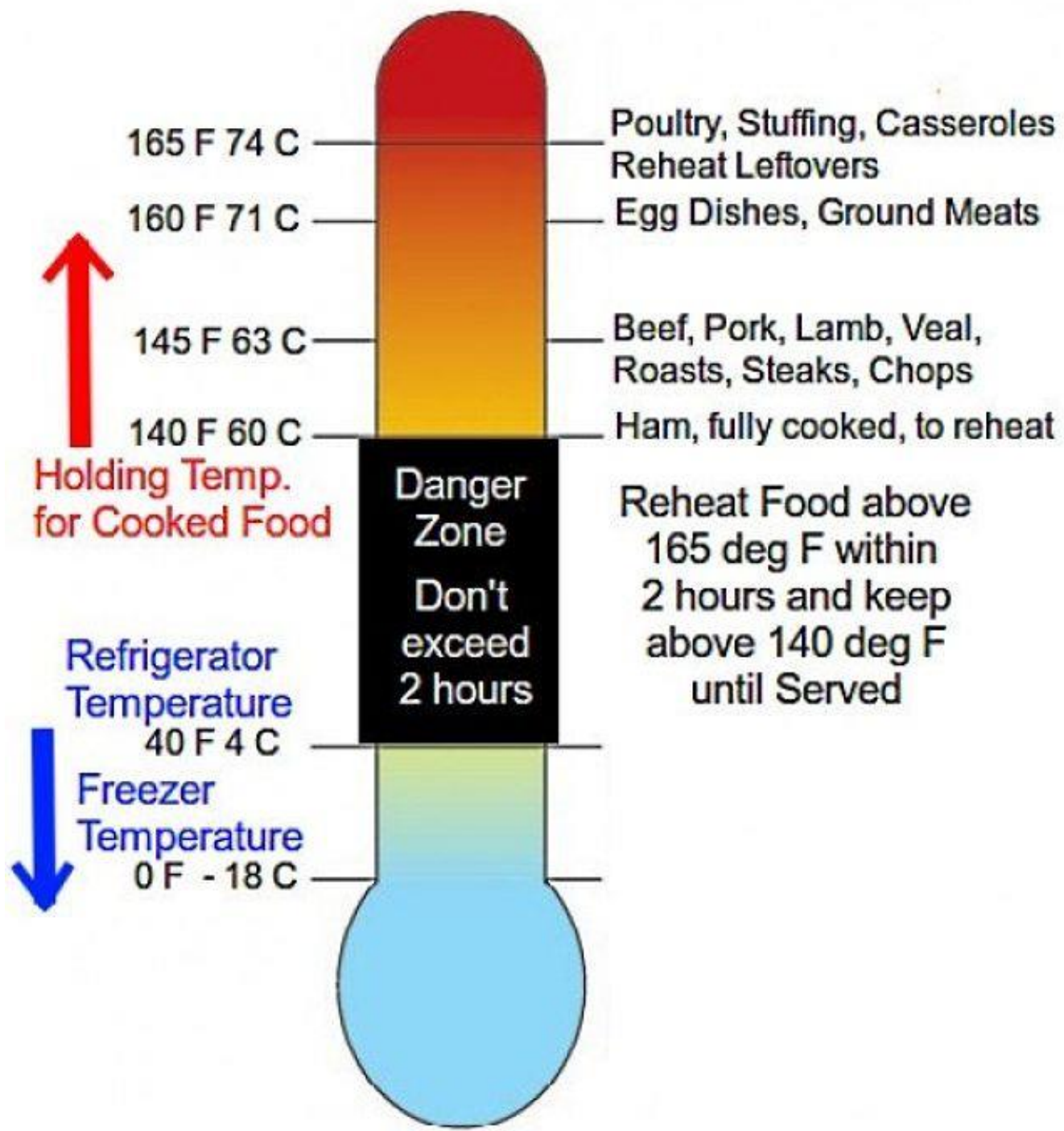


**Solnit Centers Cycle Menu - Week Three Sept. 27<sup>th</sup> - Oct. 3<sup>rd</sup>**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	<p>French Toast w/ Syrup &amp; Butter Bacon</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	 <p><b>BREAKFAST BURRITO!</b> w/Salsa</p> <p>Alternate Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Half Waffle w/syrup or Topping Turkey Sausage</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Breakfast Sandwich on English Muffin Quaker Oat's Oatmeal</p>  <p>Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Cinnamon Pancake w/syrup Sausage Links</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit</p>	<p>Breakfast Cakes Cheese Sticks</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Fresh Baked Muffin w/ Cheese Stick and Yogurt</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>
<b>L U N C H</b>	<p>Chicken Nuggets w/ roasted Sweet Potatoes 7 Green Beans</p>  <p>Soup Dour Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Taco Tuesday Chicken Fajita</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Sloppy Joe w/ Sweet Potato Fries and Cole Slaw</p>  <p>Soup Dour Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Cheese and Tomato Soup Broccoli</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Smoke House Burger Lettuce &amp; Tomato Fries</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Tuna Melt Cucumber Salad Doritos Chips Soup Dour</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Lemon Buttered Chicken Rice Broccoli</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>
<b>D I N N E R</b>	<p>Roasted Turkey Dinner</p>  <p>Chips and Celery Sticks</p> <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Roasted Turkey Dinner</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Stuffed Shells w/ Roll and Sauteed Vegetables</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Chicken Wrap w/ Orzo Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Pizza w/ Veggies and Salad.</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Beef a Roni w/ Garlic Bread and Buttered Corn</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Pork Brown Rice Vegetable Medley</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>










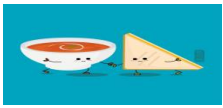











Served with Fresh Fruit. Tossed Salad available at Lunch and Dinner - Fruit available at each meal period.  
All Vegetable and Fruit servings are 1 cup servings (may have multiple servings of veggies). Milk and Juice are 8oz servings

**Alternate: Assorted Sandwiches, Sun butter & Jelly, Salad with Protein or Yogurt/Cheese Stick and Cracker**



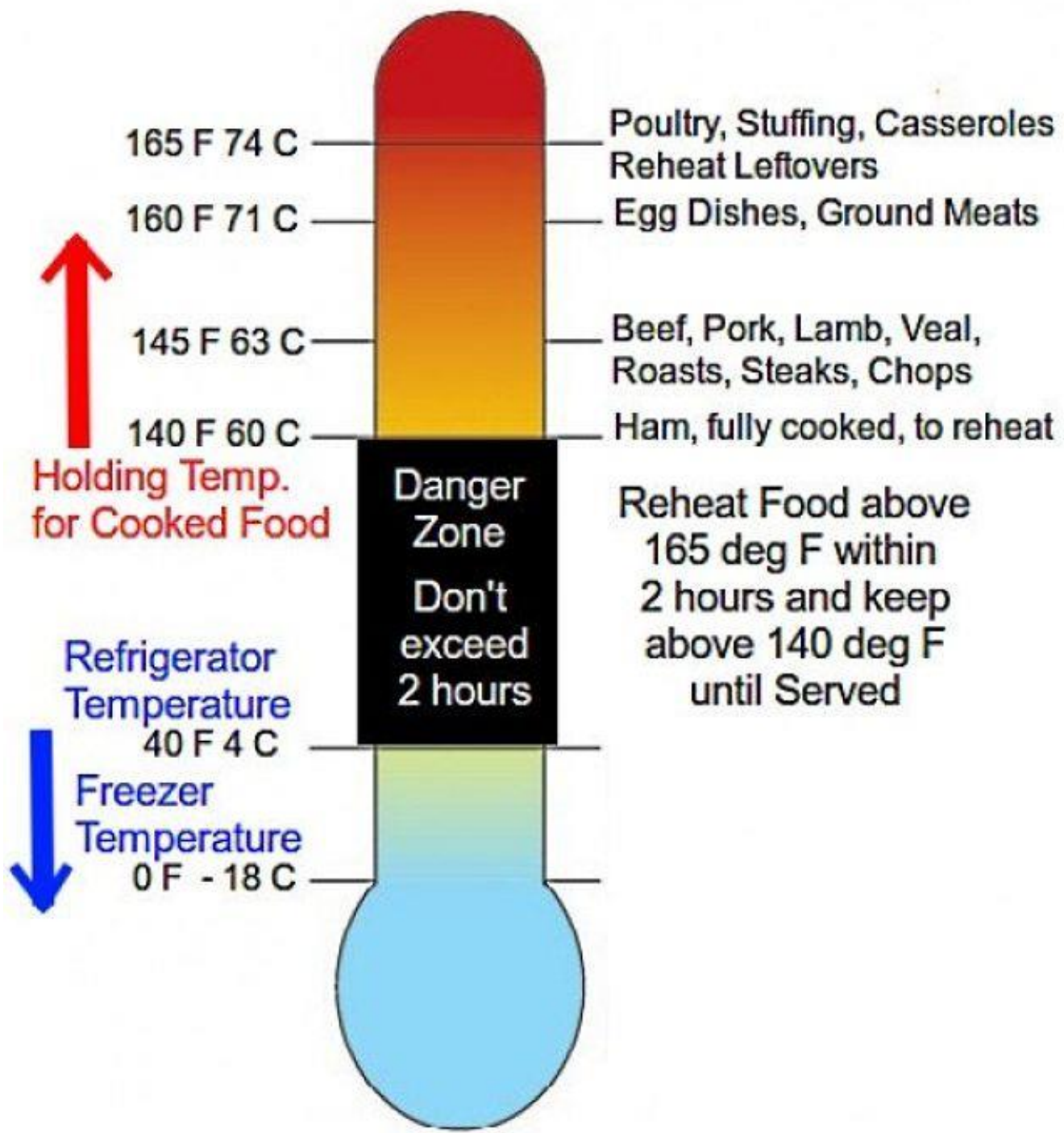


**Solnit Centers Cycle Menu – Week Four Oct. 4<sup>th</sup> - Oct. 10<sup>th</sup>**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	<p>French Toast w/syrup Grilled Ham</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Breakfast Burritos Hash Brown Farina</p>  <p>Alternate Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Fried Eggs Chicken Sausage Home Fries</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Veggie Frittata Toast</p>  <p>Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Pancakes w/syrup Bacon</p>  <p>Alternate Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Bacon Egg &amp; cheese on a Bagel</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Waffle w/syrup Grilled Sausage</p>  <p>Alternate Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>
<b>L U N C H</b>	<p>Grilled Chicken Sandwich w/ Sweet Potato Fries &amp; Broccoli</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Taco Tuesday Pork Carnitas w/ Refried Beans and Rice</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Cheese and Tomato Soup Carrot Sticks</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Teriyaki Bowl</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Cheeseburger Lettuce &amp; tomato Sweet potato wedges</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Crispy chicken Sandwich Cole Slaw Chips soup</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Chicken Tenders Mac &amp; Cheese Carrots</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>
<b>D I N N E R</b>	<p>Swedish Meatballs w/ Noodles and Mixed Vegetables</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Chicken Wings w/ Roasted Potatoes &amp; Fiesta Vegetables</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Kielbasa w/ Pierogies served with Onions and Carrots</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Sliced Turkey w/ Green Beans and Mashed Potatoes</p>  <p>Tossed salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Pizza w/ Antipasto Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Sloppy Joe w/ Buffalo Cauliflower and Chips</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Chicken &amp; Broccoli Alfredo</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>

Served with Fresh Fruit. Tossed Salad available at Lunch and Dinner - Fruit available at each meal period.  
All Vegetable and Fruit servings are 1 cup servings(may have multiple servings of veggies). Milk and Juice are 8oz servings

**Alternate: Assorted Sandwiches, Sun butter & Jelly, Salad with Protein or Yogurt/Cheese Stick and cracker**





**Solnit Centers Week Five: School Year Oct. 11<sup>th</sup> - Oct. 17<sup>th</sup>**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	<p>Waffle w/ Syrup Sausage</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>(Egg and Sausage) On English Muffin</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Scramble Eggs Kielbasa &amp; Biscuit</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Blue Berry Pancake Canadian Bacon</p>  <p>Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>French Toast w/syrup Sausage</p>  <p>FRENCH TOAST</p> <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Ham Egg &amp; Cheese On Croissant</p>  <p>Alternate Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>	<p>Continental Breakfast Cakes</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% &amp; Fat Free</p>
<b>L U N C H</b>	<p>Turkey Club Wrap w/ Chips and Carrot Sticks</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Classic Beef Taco w/ Rice and Black Beans</p> <p><b>TACO TUESDAY</b></p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Chicken Sandwich w/ Macaroni Salad and Cole Slaw</p>  <p>Salad and Roll Chilled fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>General Tso Chicken &amp; Dumplings w/ Fried Rice and Greens</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Cheeseburger Lettuce &amp; tomato Fries</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>BLT-Sandwich Cheddar Cheese Soup Sun chips</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>	<p>Turkey Roll Lettuce &amp; Tomato Potato Salad/chips</p>  <p>Chilled Fresh Fruit Milk: 1% &amp; Fat Free</p>
<b>D I N N E R</b>	<p>Chicken Parmesan Penne Pasta Garlic Sticks</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Cream of Broccoli Soup Grilled Ham and Cheese Sandwich Chips</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Spaghetti and Meatballs</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Crispy Fish Bites w/ Fries Cole Slaw</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Stromboli w/ Caesar Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Grilled Mesquite Pork Chops Served w / Cornbread, Sweet Potatoes and Collard Greens</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>	<p>Ravioli w/ Spinach and Garlic Toast</p>  <p>Tossed Salad and Roll Fruit Milk: 1% &amp; Fat Free</p>

Served with Fresh Fruit. Tossed Salad available at Lunch and Dinner - Fruit available at each meal period.  
All Vegetable and Fruit servings are 1 cup servings(may have multiple servings of veggies). Milk and Juice are 8oz servings

**Alternate: Assorted Sandwiches, Sun butter & Jelly, Salad with Protein or Yogurt/Cheese Stick and cracker**

