




















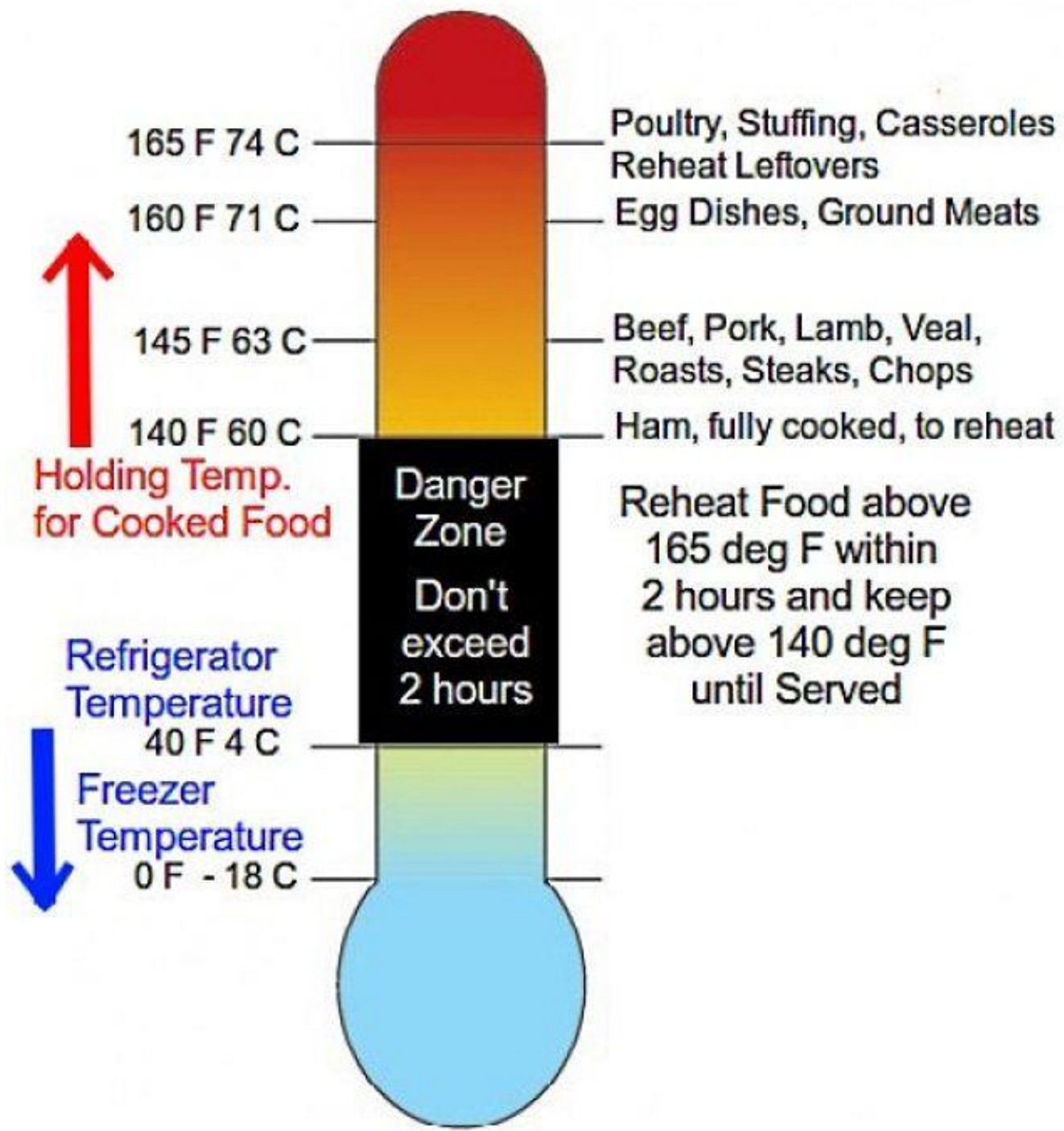


Solnit Centers Cycle Menu - Sept 13 -19 Week One 2021-2022 School Year
















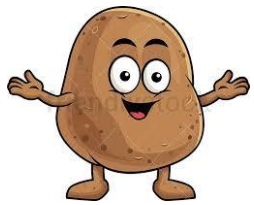





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	<p>Mini Pancakes w/ Syrup & Butter Cheese Stick</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Breakfast Muffin (Egg and Sausage)</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Mini Eggo Waffle w/ Syrup & Butter</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Quaker Oat's Oatmeal w/ Cheese Stick</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Breakfast Sandwich</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Bagel and Cream Cheese</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Fresh Baked Muffin w/ Cheese Stick and Yogurt</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>
L U N C H	<p>Chicken Nuggets w/ Potato Tots and Steamed Green Beans</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Taco Tuesday Crunch Wraps w/ Black Bean and Corn Salad</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Turkey Club Wrap w/ Sweet Potato Fries and Steamed Broccoli</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Pulled Chicken w/ Refried Beans over Rice with Glazed Carrots</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Burger Bar /Sweet Potato Fries L&T Pickles</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Brunch For Lunch</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Brunch For Lunch</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>
D I N N E R	<p>Meatloaf w/ Gravy and Sweet Peas</p>  <p>Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Hot Dog w/ Mac n' Cheese and Mixed Veggie</p>  <p>Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Spaghetti and Meatballs w/ Garlic Bread and Caesar Salad</p>  <p>Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Roasted Pork w/ sauteed cinnamon apples and Greens</p>  <p>Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Pizza w/ Antipasto Salad</p>  <p>Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>BBQ Chicken w/ Cornbread Rice and Beans</p>  <p>Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Pulled Pork Sandwich with Potato Salad and Garden Veggies</p>  <p>Salad and Roll Fruit Milk: 1% & 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

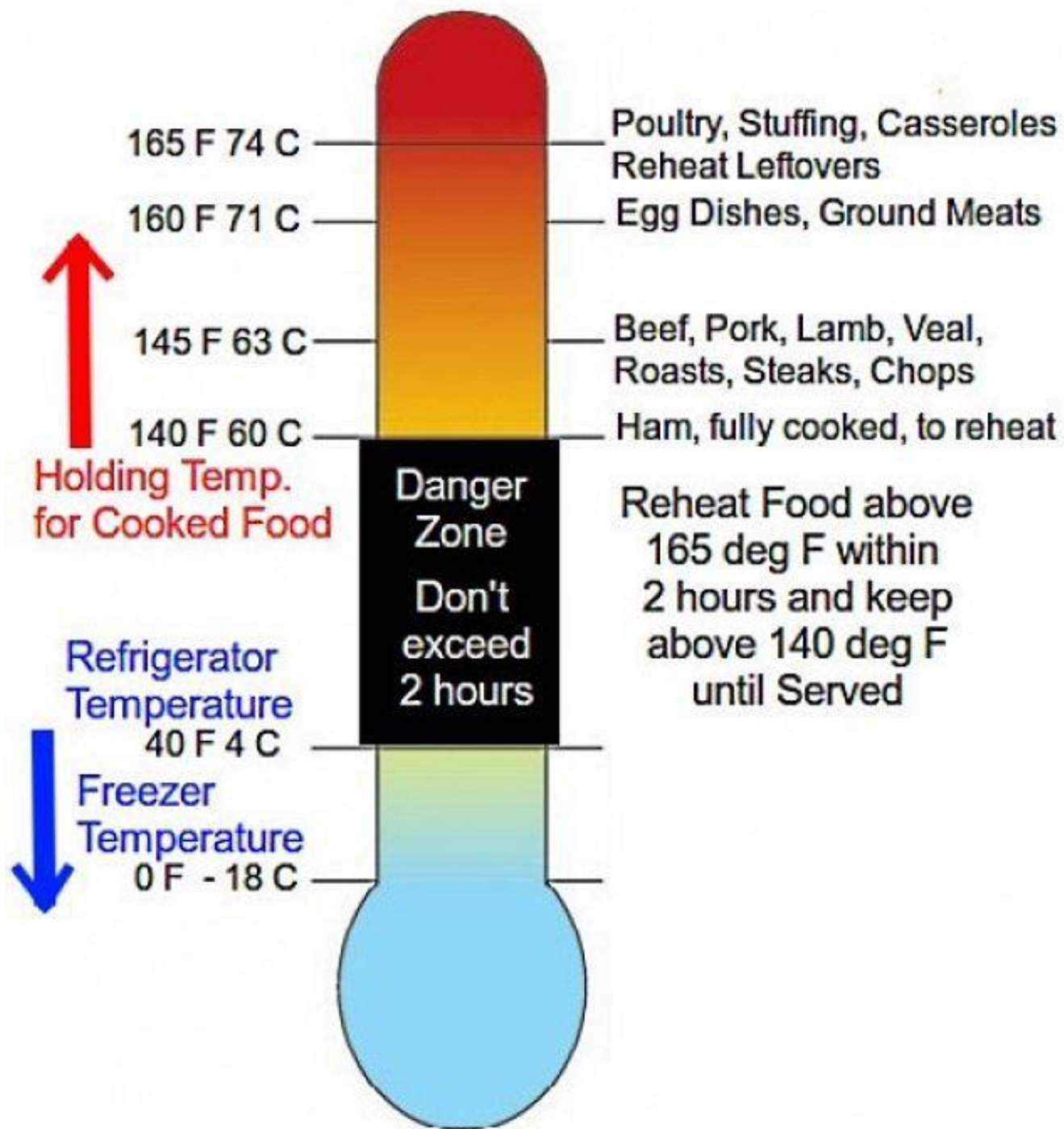


Solnit Centers Cycle Menu- Sept 20-26 Week Two School Year 2021/2022






















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	<p>Mini Pancakes w/ Syrup & Butter Cheese Stick</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Breakfast Muffin (Egg and Sausage)</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Mini Eggo Waffle w/ Syrup & Butter</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Quaker Oat's Oatmeal w/ Cheese Stick</p>  <p>Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% & Fat Free</p>	<p>Breakfast Sandwich</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Bagel and Cream Cheese</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Fresh Baked Muffin w/ Cheese Stick and Yogurt</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>
L U N C H	<p>Grilled Cheese and Tomato Soup Carrot Sticks</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Traditional Taco w/ Refried Beans Buttered Corn</p> <p>TACO TUESDAY</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Crispy Buffalo Chicken Sandwich w/ Chips and Sauteed Veggies</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Meatball Grinder w/ Sun Chips and Steamed Broccoli</p> <p>MEATBALL SUBS</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Burger Bar /Sweet Potato Fries L&T Pickles</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Brunch for Lunch</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>	<p>Brunch For Lunch</p>  <p>Salad and Roll Fruit Fresh & Chilled Milk: 1% & Fat Free</p>
D I N N E R	<p>General Tso Chicken w/ Jasmine Rice Stir Fried Veggies</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Baked Potato Bar</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Pasta w/ Sausage served w/ Sauteed Zucchini</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Baked Chicken w/ Green Beans and Roasted Potatoes</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Pizza w/ Salad and Veggie Sticks</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Grilled Chicken w/ Corn and Potato Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Shepard's Pie w/ Mixed vegetables and Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & 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

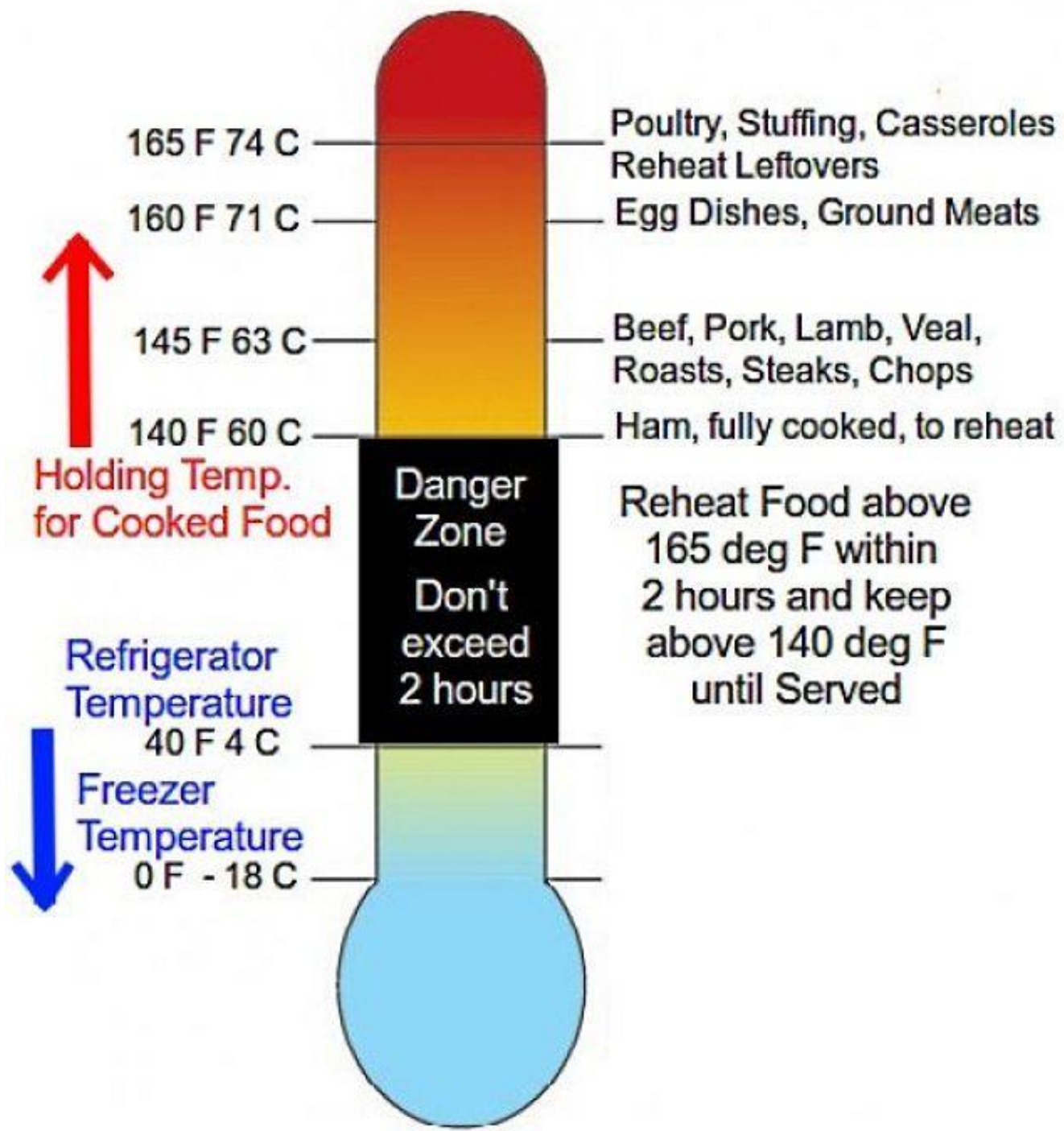


Solnit Centers Cycle Menu - Sept 27 - Oct 3rd Week Three School Year :2021/2022






















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Mini Pancakes w/ Syrup & Butter Cheese Stick  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Breakfast Muffin (Egg and Sausage)  Alternate Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Mini Eggo Waffle w/ Syrup & Butter  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Quaker Oat's Oatmeal w/ Cheese Stick  Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% & Fat Free	Breakfast Sandwich  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Bagel and Cream Cheese  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Fresh Baked Muffin w/ Cheese Stick and Yogurt  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free
L U N C H	Chicken Nuggets w/ roasted Sweet Potatoes 7 Green Beans  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Taco Tuesday Chicken Fajita  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Sloppy Joe w/ Sweet Potato Fries and Cole Slaw  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Grilled Cheese and Tomato Soup Broccoli  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Burger Bar  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Brunch for Lunch  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Brunch for Lunch  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free
D I N N E R	 Chips and Celery Sticks Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Noodle Bowl  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Stuffed Shells w/ Roll and Sauteed Vegetables  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Grilled Chicken Wrap w/ Orzo Salad  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Pizza w/ Veggies and Salad.  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Beef a Roni w/ Garlic Bread and Buttered Corn  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Roasted Turkey Dinner  Tossed 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

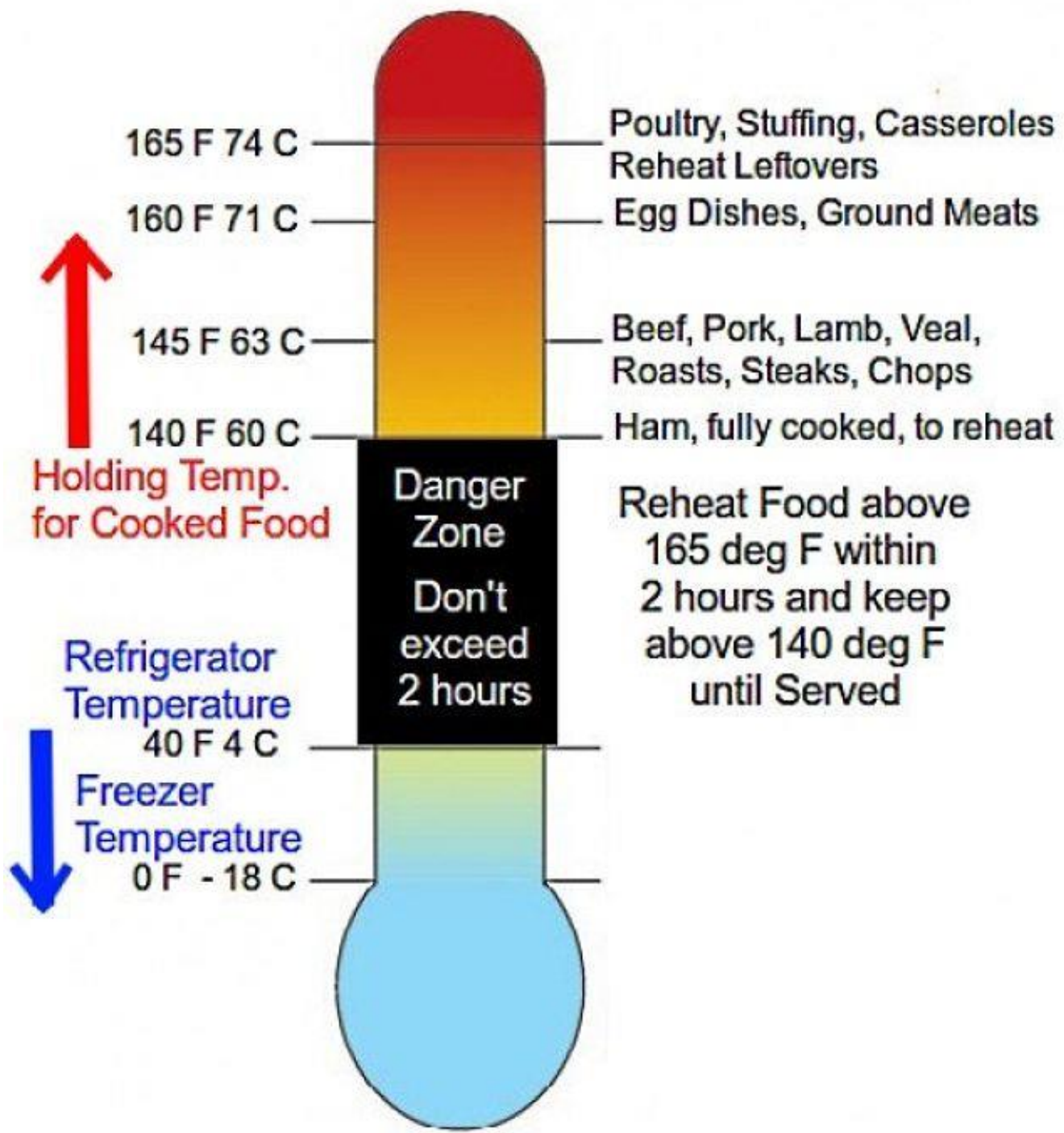


Solnit Centers Cycle Menu – Oct 4 -10th Week Four School Year 2021/2022


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Mini Pancakes w/ Syrup & Butter Cheese Stick  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Breakfast Muffin (Egg and Sausage)  Alternate Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Mini Eggo Waffle w/ Syrup & Butter  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Quaker Oat's Oatmeal w/ Cheese Stick  Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% & Fat Free	Breakfast Sandwich  Alternate Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Bagel and Cream Cheese  Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free	Fresh Baked Muffin w/ Cheese Stick and Yogurt  Alternate Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free
L U N C H	Grilled Chicken Sandwich w/ Sweet Potato Fries & Broccoli  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Taco Tuesday Pork Carnitas w/ Refried Beans and Rice  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Grilled Cheese and Tomato Soup Carrot Sticks  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Teriyaki Bowl  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Burger Bar  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Brunch for Lunch  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free	Brunch for Lunch  Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free
D I N N E R	Swedish Meatballs w/ Noodles and Mixed Vegetables  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Chicken Wings w/ Roasted Potatoes & Fiesta Vegetables  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Kielbasa w/ Perogies served with Onions and Carrots  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Sliced Turkey w/ Green Beans and Mashed Potatoes  Tossed salad and Roll Fruit Milk: 1% & Fat Free	Pizza w/ Antipasto Salad  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Sloppy Joe w/ Buffalo Cauliflower and Chips  Tossed Salad and Roll Fruit Milk: 1% & Fat Free	Grilled Chicken & Broccoli Alfredo  Tossed 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 Week Five: Oct 11-17th School Year 2021/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	<p>Mini Pancakes w/ Syrup & Butter Cheese Stick</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Breakfast Muffin (Egg and Sausage)</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Mini Eggo Waffle w/ Syrup & Butter</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Quaker Oat's Oatmeal w/ Cheese Stick</p>  <p>Alternate: Cereal Juice, assorted Fresh Fruit Milk: 1% & Fat Free</p>	<p>Breakfast Sandwich</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit</p>	<p>Bagel and Cream Cheese</p>  <p>Alternate Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>	<p>Fresh Baked Muffin w/ Cheese Stick and Yogurt</p>  <p>Alternate: Cereal Juice, assorted Fresh fruit Milk: 1% & Fat Free</p>
L U N C H	<p>Turkey Club Wrap w/ Chips and Carrot Sticks</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free</p>	<p>Classic Beef Taco w/ Rice and Black Beans</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free</p>	<p>Chicken Sandwich w/ Macaroni Salad and Cole Slaw</p>  <p>Salad and Roll Chilled fresh Fruit Milk: 1% & Fat Free</p>	<p>General Tso Chicken & Dumplings w/ Fried Rice and Greens</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free</p>	<p>Top your Burger</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free</p>	<p>Brunch for Lunch</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free</p>	<p>Brunch for Lunch</p>  <p>Salad and Roll Chilled Fresh Fruit Milk: 1% & Fat Free</p>
D I N N E R	<p>Eggplant Parm w/ Pasta & Garlic Sticks</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Chicken & Broccoli Rice or Pasta Bowl</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Spaghetti and Meatballs</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Crispy Fish Bites w/ Fries Cole Slaw</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & Fat Free</p>	<p>Stromboli w/ Caesar Salad</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & 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% & Fat Free</p>	<p>Ravioli w/ Spinach and Garlic Toast</p>  <p>Tossed Salad and Roll Fruit Milk: 1% & 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

