

Parma School Dist. #137  
WEST WING MIDDLE SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 CHICKEN PATTY SANDW MIXED VEGETABLE APPLE PEPPERCORN RANCH KETCHUP MILK	Oct - 2 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI PEARS ROLL MILK	Oct - 3 HAMBURGER ON A BUN PORK & BEANS STRAWBERRIES, FRESH CARROTS KETCHUP MILK	Oct - 4
Oct - 7 MINI CORN DOGS PORK & BEANS CARROTS BLUEBERRIES KETCHUP MILK	Oct - 8 SOFT SHELL TACO CHEESE REFRIED BEANS CORN APPLE MILK	Oct - 9 BREADED PORK PATTIE MASHED POTATOES BROWN GRAVY BROCCOLI PEACHES WHOLE GRAIN ROLL MILK	Oct - 10 CHICKEN STRIPS POTATO GRAPES MIXED VEGETABLES 1/2 KETCHUP MILK	Oct - 11
Oct - 14 PIZZA RIPPERS RANCH SALAD CELERY STICKS CINNAMON APPLESAUC MILK	Oct - 15 NACHOS BEEF CORN REFRIED BEANS STRAWBERRIES, FRESH MILK	Oct - 16 HAM & CHEESE YUM YU GREEN BEANS LOW SO CELERY STICKS CHOC.CHIP COOKIE JUICE MILK	Oct - 17 UNCRUSTABLE, PB & J S BABY CARROTS STRAWBERRY APPLESA JUICE GOLDFISH MILK	Oct - 18
Oct - 21 CHICKEN RANCH WRAP LETTUCE, SHREDDED CHEESE REFRIED BEANS CORN PEACHES MILK	Oct - 22 BEEF & BEAN BURRITO CARROT & CELERY STIC CHICKEN RICE STRAWBERRIES, FRESH MILK	Oct - 23 HAMBURGER GRAVY MASHED POTATOES BROCCOLI GRAPES ROLL MILK	Oct - 24 CHICKEN NUGGETS POTATO MIXED VEGETABLES 1/2 MIXED BERRIES CUPS KETCHUP MILK	Oct - 25
Oct - 28 HAMBURGER ON A BUN POTATO AMERICAN CHEESE CARROTS STRAWBERRIES, FRESH KETCHUP MILK	Oct - 29 CHILI ELEMENTARY CORNBREAD, ELEM CORN GRAPES MILK	Oct - 30 SPAGHETTI RANCH SALAD CELERY STICKS PEACHES, SLCD, EX LT, BREAD STICK MILK	Oct - 31 WIENER WRAP POTATOE GEMS MIXED VEGETABLES 1/2 APPLE CHOC.CHIP COOKIE CHEESE STICK KETCHUP MILK	

This institution is an equal opportunity provider.

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.