

Parma School Dist. #137

HIGH SCHOOL/ EW MIDDLE SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 PIZZA RIPPERS SALAD PEPPERCORN RANCH PEACHES PINEAPPLE MEATBALL SUB CARROTS & JICAMA CU MILK	Oct - 2 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE GRAIN ROLL MIXED BERRIES CUPS APPLESAUCE CHICKEN DRUMSTICK CHIPS BBQ SAUCE: TANGY BROCCOLI COLESLAW MILK	Oct - 3 TOASTED CHEESE SAN TOMATO SOUP CARROTS PEARS BLUEBERRIES CHEESE BURGER BROCCOLI SALAD COLESLAW KETCHUP MUSTARD MILK	Oct - 4
Oct - 7 CHICKEN PATTY SANDW PORK & BEANS CARROTS UNSWTND APPLESAUCE PEACHES, SLICED, BOU KETCHUP BOXED PB&J CELERY STICKS MILK	Oct - 8 NACHOS BEEF CARROT & CELERY STIC APPLE SALSA CHICKEN RANCH WRAP CARROTS COLESLAW MILK	Oct - 9 BREADED PORK PATTIE MASHED POTATOES BROWN GRAVY BROCCOLI WHOLE GRAIN ROLL MIXED BERRIES CUPS ORANGES BOXED HAM & CHEESE BROCCOLI CARROTS MILK	Oct - 10 CHICKEN NUGGET SCALLOPED POTATOES GREEN BEANS CANNED APPLE SAUCE WHOLE GRAIN ROLL KETCHUP HAMBURGER CARROTS CELERY STICKS KETCHUP MUSTARD PICKLES MILK	Oct - 11
Oct - 14 BEEF & BEAN BURRITO CHICKEN RICE CORN BLUEBERRIES PEACH APPLESAUCE BOXED POPCORN CHIC CARROTS CELERY STICKS MILK	Oct - 15 PIZZA RIPPERS SALAD PEPPERCORN RANCH PEACHES PINEAPPLE BOXED HOT DOG ON A CHEESE STICK CARROTS PORK & BEANS KETCHUP MUSTARD MILK	Oct - 16 TURKEY & NOODLES MASHED POTATOES BROCCOLI WHOLE GRAIN ROLL FRUIT POPS PEARS BOXED CALZONE BROCCOLI CARROTS MILK	Oct - 17 MANDARIN ORANGE CHI STIR FRY VEGETABLES EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE CORN DOG CARROTS CORN KETCHUP MUSTARD MILK	Oct - 18
Oct - 21 HAMBURGER ON A BUN AMERICAN CHEESE COLESLAW POTATOE GEMS PEACHES, SLICED, BOU STRAWBERRY APPLES KETCHUP MUSTARD PICKLES BBQ PORK CARROTS COLESLAW MILK	Oct - 22 SOFT TACO CHEESE SHREDDED LETTUCE CORN REFRIED BEANS APPLE CHOC.CHIP COOKIE BOXED FISH STICKS CARROTS COLESLAW MILK	Oct - 23 CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE GRAIN ROLL APPLESAUCE FRUIT POPS RIB-B-Q PICKLES BROCCOLI PORK & BEANS MILK	Oct - 24 HAM & CHEESE YUM YU GREEN BEANS CANNED CARROTS PEARS TROPICAL FRUIT,LT SYR CHICKEN PATTY KETCHUP COLESLAW MILK	Oct - 25

***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.

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HIGH SCHOOL/ EW MIDDLE SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 28 MINI CORN DOGS FRENCH FRIES GREEN BEANS CANNED APPLE KETCHUP MUSTARD SPICY CHICKEN SANDWI CARROTS CELERY STICKS KETCHUP MILK	Oct - 29 PIZZA RIPPERS SALAD PEPPERCORN RANCH PEACHES PINEAPPLE MEATBALL SUB CARROTS & JICAMA CU MILK	Oct - 30 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE GRAIN ROLL FRUIT POPS PEARS CHICKEN DRUMSTICK CHIPS BBQ SAUCE: TANGY BROCCOLI PORK & BEANS MILK	Oct - 31 SPAGHETTI BREAD STICK SALAD PEPPERCORN RANCH CHEESE STICK FRESH STRAWBERRIES BOXED CALZONE COLESLAW BROCCOLI MILK	

This institution is an equal opportunity provider.

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