

Parma School Dist. #137

002 - Parma High School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HOLIDAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE WHEAT ROLL MIXED FRUIT VEGGIE BAR BOXED BBQ CHICKEN FI CARROTS MILK	Jan - 4 HAMBURGER AMERICAN CHEESE TATER GEMS COLESLAW GRAPES, FRESH VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS, HS MILK	Jan - 5 BBQ ROASTED CHICKEN POTATOES, SCALLOPED CAPRI MIXED VEGETABL WHOLE WHEAT ROLL APPLE VEGGIE BAR BBQ PORK BROCCOLI & CAULIFLO MILK
Jan - 8 TORNADOE REFRIED BEANS PEPPER/ONION BLEND SHREDDED LETTUCE APPLE TORTILLA CHIPS VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS & JICAMA MILK	Jan - 9 PIZZA RIPPERS SALAD PEACHES PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Jan - 10 CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR HAMBURGER CAULIFLOWER MILK	Jan - 11 RIB-B-Q COLESLAW POTATO WEDGES PEACHES VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BABY BAKERS BROCCOLI MILK	Jan - 12 SPAGHETTI BREAD STICK SALAD CHEESE STICK MIXED FRUIT VEGGIE BAR CHICKEN RANCH WRAP CUCUMBER & TOMATOE MILK
Jan - 15 NO SCHOOL TODAY	Jan - 16 NACHOS NACHO TOPPING HS BLACK BEAN SALAD GRAPES, FRESH VEGGIE BAR CORN DOG CARROT & CELERY STIC MILK	Jan - 17 SALISBURY STEAK MASHED POTATOES GRAVY BROWN GREEN BEAN FROZEN WHOLE WHEAT ROLL PEACHES EXTRA LIGHT VEGGIE BAR BOXED BBQ CHICKEN FI BEAN VEGETARIAN CELERY STICKS MILK	Jan - 18 MANDARIN ORANGE CHI STIR FRY VEGETABLES EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR MEATBALL SUB CARROTS MILK	Jan - 19 CORN DOG FRENCH FRIES GREEN BEAN FROZEN STRAWBERRIES VEGGIE BAR PIZZA POCKET SUN CHIPS BROCCOLI MILK
Jan - 22 CHICKEN NUGGET SIDEWINDERS BROCCOLI FRESH STRAWBERRIES WHOLE WHEAT ROLL VEGGIE BAR BBQ SAUCE: TANGY CHEESE BURGER PORK & BEANS CARROTS MILK	Jan - 23 PIZZA RIPPERS SALAD PEACHES PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Jan - 24 BREADED PORK PATTIE MASHED POTATOES GRAVY BROWN GREEN BEAN FROZEN WHOLE WHEAT ROLL APPLESAUCE, UNSWTND VEGGIE BAR CHEESE BURGER BABY CARROTS MILK	Jan - 25 SOFT TACO CHEESE SHREDDED LETTUCE PEPPER/ONION BLEND REFRIED BEANS USDA CHICKEN RICE APPLE VEGGIE BAR RIB-B-Q PORK & BEANS MILK	Jan - 26 ALASKA POLLOCK, WG F BABY BAKERS COLESLAW ROLL, WHOLE GRAIN 1 FRESH STRAWBERRIES VEGGIE BAR PIZZA POCKET TATER GEMS BROCCOLI & CAULIFLO MILK

***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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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 29 HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS COLESLAW APPLE VEGGIE BAR RIB-B-Q BROCCOLI & CAULIFLO MILK	Jan - 30 NACHOS NACHO TOPPING HS BLACK BEAN SALAD FRESH STRAWBERRIES VEGGIE BAR CORN DOG CELERY STICKS MILK	Jan - 31 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR BBQ PORK CARROTS MILK		

This institution is an equal opportunity provider

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