

# Parma School Dist. #137

002 - Parma High School

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR BOXED BBQ CHICKEN FI BROCCOLI MILK	Nov - 2  COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR HAM & CHEESE POCKET SUN CHIPS CARROTS MILK	Nov - 3  CHICKEN PATTY SANDW SIDEWINDERS BROCCOLI MIXED FRUIT VEGGIE BAR CHEESE BURGER PORK & BEANS BROCCOLI & CAULIFLO MILK	Nov - 4  RIB-B-Q SALAD FRENCH FRIES APPLE VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN TATER GEMS ROLL, WHOLE WHEAT BROCCOLI MILK
Nov - 7  CHICKEN ALFREDO GREEN BEANS WHOLE WHEAT ROLL BLUEBERRIES VEGGIE BAR RIB-B-Q CARROTS MILK	Nov - 8  PIZZA RIPPERS SALAD PINEAPPLE TROPICAL FRUIT, CANN VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Nov - 9  POTATO SOUP PARMA CHICKEN DRUMSTICK WHOLE WHEAT ROLL BROCCOLI FRESH STRAWBERRIES VEGGIE BAR HAMBURGER CARROTS MILK	Nov - 10  TORNADOE REFRIED BEANS HS FAJITA VEGGIES SHREDDED LETTUCE TORTILLA CHIPS PEACHES PHILLY CHEESE STEAK PORK & BEANS CARROTS & JICAMA MILK	Nov - 11  Nachos NACHO TOPPING HS BLACK BEAN SALAD APPLE VEGGIE BAR CORN DOG BROCCOLI & CAULIFLO MILK
Nov - 14  SPAGHETTI BREAD STICK CHEESE STICK SALAD MIXED FRUIT VEGGIE BAR CHICKEN STRIPS BABY BAKERS CARROTS ROLL, WHOLE WHEAT MILK	Nov - 15  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR CHICKEN RANCH WRAP BROCCOLI MILK	Nov - 16  ROASTED TURKEY MASHED POTATOES CHICKEN GRAVY WHOLE WHEAT ROLL GREEN BEAN FROZEN STRAWBERRIES PUMPKIN CAKE CRANBERRY SAUCE MILK	Nov - 17  BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES APPLE SAUCE VEGGIE BAR CHICKEN PATTY BABY CARROTS MILK	Nov - 18  FISH STICKS BABY BAKERS COLESLAW ROLL, WHOLE WHEAT BLUEBERRIES TARTAR SAUCE VEGGIE BAR Chicken Tenders POTATO WEDGES BROCCOLI & CAULIFLO MILK
Nov - 21  HAMBURGER ON A BUN AMERICAN CHEESE POTATO WEDGES PEAS APPLE VEGGIE BAR BOXED BBQ CHICKEN FI CELERY STICKS, HS MILK	Nov - 22  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR MEATBALL SUB BROCCOLI MILK	Nov - 23  NO SCHOOL TODAY	Nov - 24  HOLIDAY	Nov - 25  NO SCHOOL TODAY

**\*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
Nov - 28  SOFT TACO CHEESE SHREDDED LETTUCE REFRIED BEANS PEARS TORTILLA CHIPS VEGGIE BAR RIB-B-Q PORK & BEANS CELERY STICKS MILK	Nov - 29  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR CHEESE BURGER BABY CARROTS MILK	Nov - 30  TANGERINE CHICKEN B STIR FRY EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR CORN DOG SUN CHIPS CARROTS & JICAMA MILK		

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