

# Parma School Dist. #137

002 - Parma High School

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1  CORN DOG FRENCH FRIES GREEN BEAN FROZEN WATERMELON VEGGIE BAR BBQ PORK BROCCOLI SALAD MILK	Oct - 2  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK	Oct - 3  COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY WINTER BLEND WHOLE WHEAT ROLL APPLE VEGGIE BAR CHICKEN RANCH WRAP CARROTS MILK	Oct - 4  NO SCHOOL TODAY	Oct - 5  NO SCHOOL TODAY
Oct - 8  CHICKEN NUGGET POTATO WEDGES GREEN BEAN FROZEN STRAWBERRY APPLES WHOLE WHEAT ROLL VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS MILK	Oct - 9  NACHOS NACHO TOPPING HS BLACK BEAN SALAD APPLE VEGGIE BAR CORN DOG CELERY STICKS MILK	Oct - 10  BREADED PORK PATTIE MASHED POTATOES GRAVY BROWN CAPRI MIXED VEGETABL WHOLE WHEAT ROLL PEACHES EXTRA LIGHT VEGGIE BAR MEATBALL SUB BROCCOLI MILK	Oct - 11  SOFT TACO CHEESE SHREDDED LETTUCE CHICKEN RICE REFRIED BEANS APPLE VEGGIE BAR RIB-B-Q COLESLAW MILK	Oct - 12  ALASKA POLLOCK, WG F BABY BAKERS COLESLAW ROLL, WHOLE GRAIN 1 FRESH STRAWBERRIES VEGGIE BAR CHICKEN FRIES, W/G BR TATER GEMS BROCCOLI & CAULIFLO MILK
Oct - 15  HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS PORK & BEANS APPLE VEGGIE BAR BBQ PORK BROCCOLI & CAULIFLO MILK	Oct - 16  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK	Oct - 17  CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE WHEAT ROLL WATERMELON VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK	Oct - 18  SPAGHETTI BREAD STICK SALAD CHEESE STICK MIXED FRUIT VEGGIE BAR CHICKEN PATTY CELERY STICKS, HS MILK	Oct - 19  NO SCHOOL TODAY
Oct - 22  RIB-B-Q CAPRI MIXED VEGETABL TATER GEMS PEACHES VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BABY BAKERS BROCCOLI MILK	Oct - 23  NACHOS NACHO TOPPING HS BLACK BEAN SALAD APPLE VEGGIE BAR CORN DOG CELERY STICKS MILK	Oct - 24  SALISBURY STEAK MASHED POTATOES GRAVY BROWN GREEN BEAN FROZEN WHOLE WHEAT ROLL FRESH STRAWBERRIES VEGGIE BAR BOXED BBQ CHICKEN FI BABY CARROTS MILK	Oct - 25  MANDARIN ORANGE CHI STIR FRY VEGTABLES EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR PHILLY CHEESE STEAK FRENCH FRIES MILK	Oct - 26  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
Oct - 29  BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES FRESH STRAWBERRIES VEGGIE BAR CHICKEN RANCH WRAP BABY CARROTS MILK	Oct - 30  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK	Oct - 31  BBQ ROASTED CHICKEN BABY BAKERS BROCCOLI WHOLE WHEAT ROLL APPLE VEGGIE BAR PIZZA POCKET SUN CHIPS BROCCOLI MILK		

This institution is an equal opportunity provider

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