

# Parma School Dist. #137

002 - Parma High School

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3  CORN DOG FRENCH FRIES BROCCOLI GRAPES, FRESH VEGGIE BAR CHEESE BURGER BROCCOLI MILK	Oct - 4  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI BABY CARROTS MILK	Oct - 5  COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY GREEN BEAN FROZEN WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR POPCORN CHICKEN FRENCH FRIES ROLL, WHOLE WHEAT MILK	Oct - 6  NO SCHOOL TODAY	Oct - 7  NO SCHOOL TODAY
Oct - 10  Nachos NACHO TOPPING HS REFRIED BEANS USDA WATERMELON VEGGIE BAR GRILLED CHICKEN BROCCOLI & CAULIFLO MILK	Oct - 11  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR MEATBALL SUB SUN CHIPS BROCCOLI MILK	Oct - 12  TANGERINE CHICKEN B STIR FRY EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK	Oct - 13  CHICKEN NUGGETS POTATOES, SCALLOPED CARROTS WHOLE WHEAT ROLL APPLE VEGGIE BAR RIB-B-Q PORK & BEANS MILK	Oct - 14  NO SCHOOL TODAY
Oct - 17  HAMBURGER ON A BUN AMERICAN CHEESE PORK & BEANS BROCCOLI GRAPES, FRESH VEGGIE BAR CHICKEN RANCH WRAP BROCCOLI MILK	Oct - 18  PIZZA RIPPERS SALAD PINEAPPLE TROPICAL FRUIT, CANN VEGGIE BAR SPICY CHICKEN SANDWI CARROTS MILK	Oct - 19  BBQ ROASTED CHICKEN POTATOES, SCALLOPED BROCCOLI WHOLE WHEAT ROLL APPLESAUCE,CINNAMO VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK	Oct - 20  BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES BLUEBERRIES VEGGIE BAR BBQ PORK CELERY STICKS MILK	Oct - 21  NO SCHOOL TODAY
Oct - 24  CHICKEN PATTY SIDEWINDERS BROCCOLI WATERMELON VEGGIE BAR HAMBURGER CARROTS MILK	Oct - 25  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR BOXED BBQ CHICKEN FI COLESLAW MILK	Oct - 26  CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE WHEAT ROLL APPLE VEGGIE BAR RIB-B-Q PORK & BEANS MILK	Oct - 27  PHILLY CHEESE STEAK BABY BAKERS FAJITA VEGGIES PEACHES VEGGIE BAR CORN DOG CARROTS & JICAMA MILK	Oct - 28  SOFT TACO CHEESE SHREDDED LETTUCE REFRIED BEANS APPLESAUCE,CINNAMO TORTILLA CHIPS VEGGIE BAR CHICKEN DRUMSTICK POTATOES MASHED SE WHOLE WHEAT ROLL 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.**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 31  SPAGHETTI ROLL, WHOLE WHEAT GREEN BEAN FROZEN CHEESE STICK PEARS VEGGIE BAR POPCORN CHICKEN TATER GEMS BROCCOLI 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.*