

Parma School Dist. #137

002 - Parma High School

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR BBQ PORK CARROTS & JICAMA MILK	Nov - 2 HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS COLESLAW BLUEBERRIES VEGGIE BAR CORN DOG BROCCOLI & CAULIFLO MILK	Nov - 3 BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES FRESH STRAWBERRIES VEGGIE BAR CHICKEN PATTY BABY CARROTS MILK
Nov - 6 CORN DOG FRENCH FRIES GREEN BEAN FROZEN APPLE VEGGIE BAR CHICKEN RANCH WRAP CARROTS & JICAMA CU MILK	Nov - 7 NACHOS NACHO TOPPING HS CARROT & CELERY CUP BLACK BEAN SALAD WATERMELON VEGGIE BAR POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BROCCOLI & CAULIFLO MILK	Nov - 8 SALISBURY STEAK MASHED POTATOES GRAVY BROWN BROCCOLI WHOLE WHEAT ROLL MIXED FRUIT BOXED BBQ CHICKEN FI BROCCOLI & CAULIFLO MILK	Nov - 9 SWEET & SOUR CHICKE STIR FRY VEGETABLES EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR HAMBURGER CARROTS & JICAMA CU MILK	Nov - 10 NO SCHOOL TODAY
Nov - 13 TORNADOE BLACK BEAN SALAD FAJITA VEGGIES SHREDDED LETTUCE TROPICAL FRUIT TORTILLA CHIPS VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS & JICAMA MILK	Nov - 14 PIZZA RIPPERS SALAD PEACHES PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Nov - 15 ROASTED TURKEY MASHED POTATOES CHICKEN GRAVY WHOLE WHEAT ROLL GREEN BEAN FROZEN APPLE PUMPKIN CAKE, PARMA MILK	Nov - 16 RIB-B-Q SALAD SIDEWINDERS PEACHES EXTRA LIGHT VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BABY BAKERS BROCCOLI MILK	Nov - 17 SPAGHETTI BREAD STICK WINTER BLEND VEGETA CHEESE STICK FRUIT COCKTAIL VEGGIE BAR CHICKEN PATTY BROCCOLI & CAULIFLO MILK
Nov - 20 CHICKEN NUGGET SIDEWINDERS BROCCOLI APPLE WHOLE WHEAT ROLL VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS MILK	Nov - 21 NACHOS NACHO TOPPING HS BLACK BEAN SALAD FRESH STRAWBERRIES VEGGIE BAR CORN DOG CELERY STICKS MILK	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY	Nov - 24 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 - 27 CHICKEN PATTY TATER GEMS BROCCOLI GRAPES, FRESH VEGGIE BAR CHEESE BURGER PORK & BEANS BROCCOLI & CAULIFLO MILK	Nov - 28 PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Nov - 29 CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE WHEAT ROLL WATERMELON VEGGIE BAR HAMBURGER CARROTS & JICAMA CU MILK	Nov - 30 SOFT TACO CHEESE SHREDDED LETTUCE CHICKEN RICE BLACK BEAN SALAD APPLE VEGGIE BAR RIB-B-Q PORK & BEANS MILK	

This institution is an equal opportunity provider

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