

# Parma School Dist. #137

004 - Parma Middle School

Dec 12, 2018

"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 NO SCHOOL TODAY	Jan - 4 NO SCHOOL TODAY
Jan - 7 HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS COLESLAW BLUEBERRIES VEGGIE BAR BBQ PORK BROCCOLI & CAULIFLO MILK	Jan - 8 PIZZA RIPPERS SALAD PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK	Jan - 9 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY GREEN BEAN FROZEN WHOLE WHEAT ROLL STRAWBERRY APPLESA VEGGIE BAR CHICKEN RANCH WRAP CARROTS MILK	Jan - 10 BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES MIXED BERRIES CUPS VEGGIE BAR POPCORN CHICKEN ROLL, WHOLE GRAIN 1 POTATO WEDGES MILK	Jan - 11 CHICKEN PATTY PORK & BEANS CORN GRAPES VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK
Jan - 14 CHICKEN NUGGET POTATO WEDGES GREEN BEAN FROZEN CRANBERRIES, DRIED-P WHOLE WHEAT ROLL VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS MILK	Jan - 15 NACHOS NACHO TOPPING HS BLACK BEAN SALAD APPLES VEGGIE BAR CORN DOG CELERY STICKS MILK	Jan - 16 BREADED PORK PATTIE MASHED POTATOES GRAVY, BROWN; CONES MIXED VEGETABLE COU WHOLE WHEAT ROLL PEACHES VEGGIE BAR MEATBALL SUB BROCCOLI MILK	Jan - 17 SOFT TACO CHEESE SHREDDED LETTUCE REFRIED BEANS APPLES VEGGIE BAR RIB-B-Q COLESLAW MILK	Jan - 18 ALASKA POLLOCK, WG F BABY BAKERS COLESLAW ROLL, WHOLE GRAIN 1 PEARS VEGGIE BAR PIZZA POCKET TATER GEMS BROCCOLI & CAULIFLO MILK
Jan - 21 NO SCHOOL TODAY	Jan - 22 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR CHICKEN RANCH WRAP PORK & BEANS CARROTS MILK	Jan - 23 CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE WHEAT ROLL ORANGES VEGGIE BAR HAMBURGER BROCCOLI & CAULIFLO MILK	Jan - 24 RIB-B-Q MIXED VEGETABLE COU TATER GEMS PEACHES VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BABY BAKERS BROCCOLI MILK	Jan - 25 SPAGHETTI BREAD STICK SALAD MIXED FRUIT VEGGIE BAR SPICY CHICKEN SANDWI CARROT & CELERY STIC MILK
Jan - 28 CORN DOG FRENCH FRIES GREEN BEAN FROZEN BLUEBERRIES VEGGIE BAR PHILLY CHEESE STEAK SUN CHIPS BROCCOLI SALAD MILK	Jan - 29 NACHOS NACHO TOPPING HS BLACK BEAN SALAD CORN APPLES VEGGIE BAR GRILLED CHICKEN BROCCOLI & CAULIFLO MILK	Jan - 30 SALISBURY STEAK MASHED POTATOES GRAVY, BROWN; CONES GREEN BEAN FROZEN WHOLE WHEAT ROLL STRAWBERRIES, FRESH VEGGIE BAR BOXED BBQ CHICKEN FI CARROTS MILK	Jan - 31 MANDARIN ORANGE CHI STIR FRY VEGETABLES EGG ROLL MANDARIN ORANGES MANDARIN SAUCE VEGGIE BAR CORN DOG PORK & BEANS MILK	

"This Institution is an equal opportunity provider"

**\*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.**