

# Parma School Dist. #137

004 - Parma Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2	Jan - 3	Jan - 4 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI ROLL, WHOLE WHEAT PEACHES VEGGIE BAR BOXED BBQ CHICKEN FI CARROTS MILK	Jan - 5 RIB-B-Q WINTER BLEND SIDEWINDERS ORANGES VEGGIE BAR POPCORN CHICKEN POTATO WEDGES ROLL, WHOLE WHEAT MILK	Jan - 6 CORN DOG FRENCH FRIES GREEN BEAN FROZEN BLUEBERRIES VEGGIE BAR HAMBURGER CARROTS & JICAMA MILK
Jan - 9 HAMBURGER ON A BUN AMERICAN CHEESE POTATO WEDGES BLUEBERRIES VEGGIE BAR BOXED BBQ CHICKEN FI CARROT & CELERY CUP MILK	Jan - 10 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR CHEESE BURGER PORK & BEANS MILK	Jan - 11 TURKEY & NOODLES MASHED POTATOES BROCCOLI ROLL, WHOLE WHEAT BLUEBERRIES VEGGIE BAR MEATBALL SUB BROCCOLI & CAULIFLO MILK	Jan - 12 Nachos NACHO TOPPING HS BLACK BEAN SALAD APPLES VEGGIE BAR CORN DOG CARROTS MILK	Jan - 13 FISH STICKS BABY BAKERS COLESLAW ROLL, WHOLE WHEAT PEACHES VEGGIE BAR HAM & CHEESE POCKET TATER GEMS MILK
Jan - 16 NO SCHOOL TODAY	Jan - 17 PIZZA RIPPERS SALAD PEACHES VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Jan - 18 CHICKEN NUGGET SCALLOPED POTATOES ROLL, WHOLE WHEAT APPLES VEGGIE BAR HAMBURGER BROCCOLI & CAULIFLO MILK	Jan - 19 TANGERINE CHICKEN B STIR FRY EGG ROLL MANDARIN ORANGES VEGGIE BAR RIB-B-Q MILK	Jan - 20 PORK ENCHILADA REFRIED BEANS APPLESAUCE UNSWEET VEGGIE BAR CHICKEN TENDERS SIDEWINDERS MILK
Jan - 23 SPAGHETTI BREAD STICK SALAD FRUIT MIXED VEGGIE BAR FISH TACO CHICKEN RICE MILK	Jan - 24 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR CHEESE BURGER BROCCOLI MILK	Jan - 25 HAM & CHEESE YUM YU SIDEWINDERS WINTER BLEND BLUEBERRIES VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI & CAULIFLO MILK	Jan - 26 BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES PEACHES VEGGIE BAR CHICKEN PATTY CARROTS MILK	Jan - 27 CHICKEN STRIPS CHICKEN RICE BROCCOLI ORANGES VEGGIE BAR CHICKEN BURGER CARROT & CELERY CUP MILK
Jan - 30 CHICKEN PATTY POTATO WEDGES GREEN BEAN FROZEN ORANGES VEGGIE BAR CORN DOG CARROT & CELERY CUP MILK	Jan - 31 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR CHICKEN RANCH WRAP 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.