

# Parma School Dist. #137

004 - Parma Middle School

Oct 24, 2018

"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1  SOFT TACO CHEESE SHREDDED LETTUCE REFRIED BEANS APPLES VEGGIE BAR RIB-B-Q COLESLAW MILK	Nov - 2  ALASKA POLLOCK, WG F FRENCH FRIES COLESLAW ROLL, WHOLE GRAIN 1 STRAWBERRIES, FRESH VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK
Nov - 5  TORNADOE CORN SHREDDED LETTUCE GRAPES VEGGIE BAR CHEESE BURGER PORK & BEANS MILK	Nov - 6  NACHOS NACHO TOPPING BLACK BEAN SALAD APPLE VEGGIE BAR CORN DOG CELERY STICKS MILK	Nov - 7  CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI ROLL, WHOLE GRAIN 1 WATERMELON VEGGIE BAR HAMBURGER BROCCOLI MILK	Nov - 8  MANDARIN ORANGE CHI STIR FRY VEGETABLES EGG ROLL MANDARIN ORANGES MANDARIN SAUCE VEGGIE BAR MEATBALL SUB CELERY STICKS MILK	Nov - 9  NO SCHOOL TODAY
Nov - 12  CHICKEN PATTY POTATO WEDGES GRAPES VEGGIE BAR CHEESE BURGER PORK & BEANS MILK	Nov - 13  PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK	Nov - 14  ROASTED TURKEY MASHED POTATOES CHICKEN GRAVY WHOLE WHEAT ROLL CAPRI MIXED VEGETABL APPLE PUMPKIN CAKE MILK	Nov - 15  HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS COLESLAW BLUEBERRIES VEGGIE BAR RIB-B-Q BROCCOLI & CAULIFLO MILK	Nov - 16  BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES STRAWBERRIES, FRESH VEGGIE BAR POPCORN CHICKEN ROLL, WHOLE GRAIN 1 TATER GEMS MILK
Nov - 19  CORN DOG FRENCH FRIES GREEN BEAN FROZEN BLUEBERRIES VEGGIE BAR BOXED PIZZA POCKET BROCCOLI SALAD MILK	Nov - 20  NACHOS NACHO TOPPING BLACK BEAN SALAD APPLES VEGGIE BAR CORN DOG CELERY STICKS MILK	Nov - 21  NO SCHOOL TODAY	Nov - 22  HOLIDAY	Nov - 23  NO SCHOOL TODAY
Nov - 26  CHICKEN NUGGET POTATO WEDGES GREEN BEAN FROZEN STRAWBERRIES, FRESH ROLL, WHOLE GRAIN 1 VEGGIE BAR CHEESE BURGER PORK & BEANS MILK	Nov - 27  PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK	Nov - 28  BREADED PORK PATTIE MASHED POTATOES GRAVY BROWN CAPRI MIXED VEGETABL ROLL, WHOLE GRAIN 1 PEACHES VEGGIE BAR MEATBALL SUB BROCCOLI SALAD MILK	Nov - 29  RIB-B-Q WINTER BLEND POTATO WEDGES PEACHES VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BABY BAKERS MILK	Nov - 30  SPAGHETTI BREAD STICK GREEN BEAN FROZEN MIXED FRUIT VEGGIE BAR CHICKEN PATTY CELERY STICKS 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.**