

# Parma School Dist. #137

004 - Parma Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 PIZZA RIPPERS PINEAPPLE VEGGIE BAR BOXED BBQ CHICKEN FI BROCCOLI MILK	Nov - 2 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI GRAPES ROLL, WHOLE WHEAT VEGGIE BAR HAM & CHEESE POCKET SUN CHIPS CARROTS MILK	Nov - 3 CHICKEN PATTY SANDW SIDEWINDERS BROCCOLI MIXED FRUIT VEGGIE BAR CHEESE BURGER PORK & BEANS MILK	Nov - 4 RIB B QUE SANDWICH FRENCH FRIES APPLES BBQ SAUCE: TANGY VEGGIE BAR POPCORN CHICKEN TATER GEMS BROCCOLI MILK
Nov - 7 CHICKEN ALFREDO GREEN BEAN FROZEN ROLL, WHOLE WHEAT BLUEBERRIES VEGGIE BAR RIB B Q ON BUN CARROTS MILK	Nov - 8 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Nov - 9 POTATO SOUP PARMA CHICKEN DRUMSTICK WHOLE WHEAT ROLL BROCCOLI STRAWBERRIES VEGGIE BAR HAMBURGER CARROTS MILK	Nov - 10 TORNADOE SHREDDED LETTUCE REFRIED BEANS PEACHES VEGGIE BAR PHILLY CHEESE STEAK PORK & BEANS MILK	Nov - 11 Nachos Nacho Topping BLACK BEAN SALAD APPLES VEGGIE BAR CORN DOG BROCCOLI & CAULIFLO MILK
Nov - 14 SPAGHETTI BREAD STICK SALAD PEARS VEGGIE BAR CHICKEN STRIPS BABY BAKERS CARROTS BBQ SAUCE: TANGY MILK	Nov - 15 PIZZA RIPPERS SALAD PEACHES VEGGIE BAR CHICKEN RANCH WRAP BABY CARROTS MILK	Nov - 16 ROASTED TURKEY MASHED POTATOES CHICKEN GRAVY GREEN BEANS WHOLE WHEAT ROLL STRAWBERRIES CRANBERRY SAUCE PUMPKIN CAKE MILK	Nov - 17 BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES APPLESAUCE UNSWEET VEGGIE BAR CHICKEN PATTY CARROTS MILK	Nov - 18 FISH STICKS BABY BAKERS COLESLAW BLUEBERRIES TARTAR SAUCE VEGGIE BAR Chicken Tenders POTATO WEDGES BROCCOLI & CAULIFLO MILK
Nov - 21 HAMBURGER AMERICAN CHEESE POTATO WEDGES PEAS APPLES VEGGIE BAR BOXED BBQ CHICKEN FI CELERY STICKS MILK	Nov - 22 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR MEATBALL SUB BROCCOLI MILK	Nov - 23 NO SCHOOL TODAY	Nov - 24 NO SCHOOL TODAY	Nov - 25 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 - 28  SOFT TACO CHEESE SHREDDED LETTUCE REFRIED BEANS PEARS VEGGIE BAR RIB-B-Q PORK & BEANS MILK	Nov - 29  PIZZA RIPPERS SALAD PEACHES VEGGIE BAR CHEESE BURGER BABY CARROTS MILK	Nov - 30  TANGERINE CHICKEN B STIR FRY EGG ROLL MANDARIN ORANGES VEGGIE BAR CORN DOG CARROTS & JICAMA MILK		

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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