

Parma School Dist. #137

004 - Parma Middle School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Oct - 1 CORN DOG FRENCH FRIES GREEN BEAN FROZEN WATERMELON VEGGIE BAR BBQ PORK BROCCOLI SALAD MILK | Oct - 2 PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK | Oct - 3 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY WINTER BLEND WHOLE WHEAT ROLL APPLES VEGGIE BAR CHICKEN RANCH WRAP CARROTS MILK | Oct - 4 NO SCHOOL TODAY | Oct - 5 NO SCHOOL TODAY |
| Oct - 8 CHICKEN NUGGET POTATO WEDGES GREEN BEAN FROZEN FRESH STRAWBERRIES WHOLE WHEAT ROLL VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS MILK | Oct - 9 NACHOS NACHO TOPPING HS BLACK BEAN SALAD APPLE VEGGIE BAR CORN DOG CELERY STICKS MILK | Oct - 10 BREADED PORK PATTIE MASHED POTATOES GRAVY BROWN CAPRI MIXED VEGETABL WHOLE WHEAT ROLL PEACHES EXTRA LIGHT VEGGIE BAR MEATBALL SUB BROCCOLI MILK | Oct - 11 SOFT TACO CHEESE SHREDDED LETTUCE CHICKEN RICE REFRIED BEANS APPLE VEGGIE BAR RIB-B-Q COLESLAW MILK | Oct - 12 ALASKA POLLOCK, WG F BABY BAKERS COLESLAW ROLL, WHOLE GRAIN 1 FRESH STRAWBERRIES VEGGIE BAR CHICKEN FRIES, W/G BR TATER GEMS BROCCOLI & CAULIFLO MILK |
| Oct - 15 HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS PORK & BEANS APPLE VEGGIE BAR BBQ PORK BROCCOLI & CAULIFLO MILK | Oct - 16 PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK | Oct - 17 CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY BROCCOLI WHOLE WHEAT ROLL WATERMELON VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK | Oct - 18 SPAGHETTI BREAD STICK SALAD CHEESE STICK MIXED FRUIT VEGGIE BAR CHICKEN PATTY CELERY STICKS, HS MILK | Oct - 19 NO SCHOOL TODAY |
| Oct - 22 RIB-B-Q CAPRI MIXED VEGETABL TATER GEMS PEACHES VEGGIE BAR BBQ SAUCE: TANGY POPCORN CHICKEN ROLL, WHOLE GRAIN 1 BABY BAKERS BROCCOLI MILK | Oct - 23 NACHOS NACHO TOPPING HS BLACK BEAN SALAD APPLE VEGGIE BAR CORN DOG CELERY STICKS MILK | Oct - 24 SALISBURY STEAK MASHED POTATOES GRAVY BROWN GREEN BEAN FROZEN WHOLE WHEAT ROLL FRESH STRAWBERRIES VEGGIE BAR BOXED BBQ CHICKEN FI BABY CARROTS MILK | Oct - 25 MANDARIN ORANGE CHI STIR FRY VEGTABLES EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR PHILLY CHEESE STEAK FRENCH FRIES MILK | Oct - 26 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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|---|---|--|----------|--------|
| Oct - 29 BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES FRESH STRAWBERRIES VEGGIE BAR CHICKEN RANCH WRAP BABY CARROTS MILK | Oct - 30 PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI CELERY STICKS MILK | Oct - 31 BBQ ROASTED CHICKEN BABY BAKERS BROCCOLI WHOLE WHEAT ROLL APPLE VEGGIE BAR PIZZA POCKET SUN CHIPS BROCCOLI MILK | | |

This institution is an equal opportunity provider

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