

Parma School Dist. #137

004 - Parma Middle School

Sep 22, 2016

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 CORN DOG FRENCH FRIES BROCCOLI GRAPES CHEESE BURGER BROCCOLI MILK	Oct - 4 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR SPICY CHICKEN SANDWI BABY CARROTS MILK	Oct - 5 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROLL, WHOLE WHEAT GREEN BEAN FROZEN CINNAMON APPLESauc VEGGIE BAR HAMBURGER BROCCOLI & CAULIFLO MILK	Oct - 6 NO SCHOOL TODAY	Oct - 7 NO SCHOOL TODAY
Oct - 10 Nachos Nacho Topping REFRIED BEANS WATERMELON VEGGIE BAR GRILLED CHICKEN BROCCOLI & CAULIFLO MILK	Oct - 11 PIZZA RIPPERS SALAD PEACHES VEGGIE BAR MEATBALL SUB SUN CHIPS BABY CARROTS MILK	Oct - 12 TANGERINE CHICKEN B STIR FRY EGG ROLL MANDARIN ORANGES VEGGIE BAR CHEESE BURGER BROCCOLI & CAULIFLO MILK	Oct - 13 CHICKEN NUGGET POTATOES, SCALLOPED CARROTS APPLES VEGGIE BAR RIB-B-Q PORK & BEANS MILK	Oct - 14 NO SCHOOL TODAY
Oct - 17 HAMBURGER AMERICAN CHEESE PORK & BEANS GRAPES VEGGIE BAR CHICKEN RANCH WRAP BROCCOLI MILK	Oct - 18 PIZZA RIPPERS SALAD TROPICAL FRUIT, CANN VEGGIE BAR SPICY CHICKEN SANDWI BABY CARROTS MILK	Oct - 19 BBQ ROASTED CHICKEN POTATOES, SCALLOPED BROCCOLI ROLL, WHOLE WHEAT MANDARIN ORANGES CHEESE BURGER BROCCOLI & CAULIFLO MILK	Oct - 20 BEEF & BEAN BURRITO CHICKEN RICE GREEN BEAN FROZEN BLUEBERRIES VEGGIE BAR BBQ PORK CELERY STICKS MILK	Oct - 21 NO SCHOOL TODAY
Oct - 24 CHICKEN PATTY SIDEWINDERS BROCCOLI WATERMELON HAMBURGER BABY CARROTS MILK	Oct - 25 PIZZA RIPPERS SALAD PINEAPPLE VEGGIE BAR BOXED BBQ CHICKEN FI COLESLAW MILK	Oct - 26 CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY ROLL, WHOLE WHEAT WINTER BLEND APPLES VEGGIE BAR RIB-B-Q PORK & BEANS MILK	Oct - 27 PHILLY CHEESE STEAK BABY BAKERS FAJITA VEGGIES PEACHES VEGGIE BAR CORN DOG CARROTS & JICAMA MILK	Oct - 28 SOFT TACO CHEESE SHREDDED LETTUCE REFRIED BEANS FRUIT COCKTAIL VEGGIE BAR CHICKEN DRUMSTICK POTATOES MASHED SE WHOLE WHEAT ROLL MILK
Oct - 31 SPAGHETTI ROLL, WHOLE WHEAT GREEN BEAN FROZEN PEARS VEGGIE BAR POPCORN CHICKEN TATER GEMS BROCCOLI BBQ SAUCE: TANGY 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.