

Parma School Dist. #137  
003 - West Wing Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HOLIDAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 MINI CORN DOGS FRENCH FRIES BROCCOLI BLUEBERRIES MILK	Jan - 4 MANDARIN ORANGE CHI STIR FRY VEGETABLES EGG ROLL, 1.5 OZ MANDARIN ORANGES MANDARIN SAUCE MILK	Jan - 5 FISH TREASURES BABY BAKERS MIXED VEGETABLE STRAWBERRIES PORTI MILK
Jan - 8 HOT DOG ON A BUN Chili CORN STRAWBERRY APPLESA VEGGIE BAR MILK	Jan - 9 HAMBURGER ON A BUN AMERICAN CHEESE TATER GEMS GRAPES HAMBURGER TOPPING MILK	Jan - 10 BBQ ROASTED CHICKEN MASHED POTATOES COUNTRY GRAVY WINTER BLEND PEACHES WHOLE WHEAT ROLL MILK	Jan - 11 CHICKEN NUGGETS POTATO WEDGES BROCCOLI BLUEBERRIES BBQ SAUCE: TANGY MILK	Jan - 12 PIZZA RIPPERS RANCH SALAD CARROTS APPLES VEGGIE BAR MILK
Jan - 15 NO SCHOOL TODAY	Jan - 16 BEEF & BEAN BURRITO MIXED VEGETABLE APPLE SAUCE WATERM CHICKEN RICE VEGGIE BAR MILK	Jan - 17 HAM & CHEESE YUM YU BROCCOLI PORK & BEANS PEARS VEGGIE BAR MILK	Jan - 18 RIB B Q ON BUN SIDEWINDERS CORN GRAPES VEGGIE BAR MILK	Jan - 19 CHICKEN PATTY SANDW WINTER BLEND VEGETA BLUEBERRIES MILK
Jan - 22 CHICKEN STRIPS POTATOE DICED SEASO GREEN BEANS ROLL, WHOLE GRAIN 1 GRAPES MILK	Jan - 23 SOFT SHELL TACO CHEESE REFRIED BEANS CORN TROPICAL FRUIT, CANN MILK	Jan - 24 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY WINTER BLEND STRAWBERRIES, FRESH WHOLE WHEAT ROLL MILK	Jan - 25 SPAGHETTI RANCH SALAD MANDARIN ORANGES BREAD STICK MILK	Jan - 26 PIZZA RIPPERS RANCH SALAD CARROTS APPLES VEGGIE BAR MILK
Jan - 29 TOASTED CHEESE SAN TOMATO SOUP WINTER BLEND APPLES MILK	Jan - 30 NACHOS NACHO TOPPING FAJITA VEGGIES REFRIED BEANS GRAPES MILK	Jan - 31 TURKEY & NOODLES MASHED POTATOES CARROTS STRAWBERRIES PORTI WHOLE WHEAT ROLL MILK		

This institution is an equal opportunity provider

**\*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.**