

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

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 CHICKEN PATTY SANDW CARROT & CELERY STIC WATERMELON MILK	Oct - 2 BEEF & BEAN BURRITO MIXED VEGETABLES 1/2 STRAWBERRY APPLESA CHICKEN RICE MILK	Oct - 3 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY WINTER BLEND VEGETA APPLES WHOLE WHEAT ROLL MILK	Oct - 4 NO SCHOOL TODAY	Oct - 5 NO SCHOOL TODAY
Oct - 8 MINI CORN DOGS FRENCH FRIES BROCCOLI BLUEBERRIES MILK	Oct - 9 SOFT SHELL TACO CHEESE REFRIED BEANS CORN APPLES MILK	Oct - 10 BREADED PORK PATTIE MASHED POTATOES GRAVY BROWN CARROTS GRAPES WHOLE WHEAT ROLL MILK	Oct - 11 MANDARIN ORANGE CHI STIR FRY VEGETABLES EGG ROLL, 1.5 OZ MANDARIN ORANGES MANDARIN SAUCE MILK	Oct - 12 HAMBURGER ON A BUN AMERICAN CHEESE SIDEWINDERS WATERMELON HAMBURGER TOPPING MILK
Oct - 15 CHICKEN STRIPS SIDEWINDERS BROCCOLI GRAPES MILK	Oct - 16 NACHOS NACHO TOPPING CARROTS BLACK BEAN SALAD APPLES MILK	Oct - 17 HAM & CHEESE YUM YU RANCH SALAD CELERY STICKS STRAWBERRIES PORTI MILK	Oct - 18 SPAGHETTI GREEN BEANS CANNED MIXED FRUIT BREAD STICK MILK	Oct - 19 NO SCHOOL TODAY
Oct - 22 HOT DOG ON A BUN TATER GEMS PORK & BEANS ORANGES MILK	Oct - 23 CHILI ELEMENTARY CORNBREAD CORN PEARS VEGGIE BAR MILK	Oct - 24 CHICKEN NUGGETS SCALLOPED POTATOES BROCCOLI BLUEBERRIES MILK	Oct - 25 PIZZA RIPPERS RANCH SALAD CELERY STICKS CINNAMON APPLESAUC MILK	Oct - 26 NO SCHOOL TODAY
Oct - 29 UNCRUSTABLE, PB & J S CARROT & CELERY CUP BANANAS JUICE, VARIETY MILK	Oct - 30 TOASTED CHEESE SAN TOMATO SAUCE BROCCOLI & CAULIFLO MANDARIN ORANGES MILK	Oct - 31 BBQ ROASTED CHICKEN BABY BAKERS GREEN BEANS CANNED PEARS HOLIDAY COOKIE 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.