

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY WINTER BLEND VEGETA ROLL, WHOLE GRAIN 1 FRUIT COCKTAIL MILK	Nov - 2 CHICKEN SNACK WRAP TOMATO MIXED VEGETABLES 1/2 GRAPES MILK	Nov - 3 FISH TREASURES BABY BAKERS GREEN BEAN FROZEN STRAWBERRIES, FRESH MILK
Nov - 6 MINI CORN DOGS FRENCH FRIES GREEN BEANS STRAWBERRY APPLES MILK	Nov - 7 SOFT SHELL TACO CHEESE REFRIED BEANS CORN PEACHES VEGGIE BAR MILK	Nov - 8 CHILI ELEMENTARY CORNBREAD MIXED VEGETABLE PEARS VEGGIE BAR MILK	Nov - 9 PIZZA RIPPERS RANCH SALAD CARROTS MANDARIN ORANGES MILK	Nov - 10 NO SCHOOL TODAY
Nov - 13 Tornadoe CHICKEN RICE CORN PEPPER/ONION BLEND APPLES MILK	Nov - 14 SPAGHETTI RANCH SALAD CARROTS BREAD STICK GRAPES MILK	Nov - 15 HAMBURGER AMERICAN CHEESE PORK & BEANS BROCCOLI ORANGES MILK	Nov - 16 ROASTED TURKEY MASHED POTATOES CHICKEN GRAVY WHOLE WHEAT ROLL MIXED VEGETABLE FRUIT SALAD MILK	Nov - 17 PIZZA RIPPERS RANCH SALAD CARROT & CELERY STIC APPLES VEGGIE BAR MILK
Nov - 20 NACHOS NACHO TOPPING FAJITA VEGGIES BLACK BEAN SALAD STRAWBERRIES, FRESH MILK	Nov - 21 CHICKEN NUGGETS POTATO WEDGES MIXED VEGETABLE BLUEBERRIES MILK	Nov - 22 NO SCHOOL TODAY	Nov - 23 HOLIDAY	Nov - 24 NO SCHOOL TODAY
Nov - 27 CHICKEN PATTY SANDW BROCCOLI APPLES MILK	Nov - 28 MANDARIN ORANGE CHI STIR FRY VEGTABLES EGG ROLL, 1.5 OZ MANDARIN ORANGES MANDARIN SAUCE MILK	Nov - 29 BEEF & BEAN BURRITO MIXED VEGETABLES CU CHICKEN RICE GRAPES MILK	Nov - 30 RIB B Q ON BUN PORK & BEANS CORN ORANGES 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.