

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

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 HAMBURGER ON A BUN AMERICAN CHEESE SIDEWINDERS CARROT & CELERY CUP BLUEBERRIES MILK	Oct - 3 CHICKEN SNACK WRAP LETTUCE, SHREDDED TOMATO COLESLAW GRAPES MILK	Oct - 4 COUNTRY FRIED STEAK MASHED POTATOES GRAVY BROWN WINTER BLEND WHOLE WHEAT ROLL WATERMELON MILK	Oct - 5 NO SCHOOL TODAY	Oct - 6 NO SCHOOL TODAY
Oct - 9 MINI CORN DOGS TATER GEMS CARROTS STRAWBERRIES MILK	Oct - 10 SOFT SHELL TACO CHEESE REFRIED BEANS CARROTS & JICAMA TROPICAL FRUIT, CANN MILK	Oct - 11 CHICKEN & NOODLE MASHED POTATOES ROLL, WHOLE WHEAT GREEN BEANS CANNED PLUOTS MILK	Oct - 12 FISH TREASURES BABY BAKERS COLESLAW PEACHES MILK	Oct - 13 PIZZA RIPPERS RANCH SALAD CELERY STICKS MIXED FRUIT VEGGIE BAR MILK
Oct - 16 CHICKEN NUGGETS TATER GEMS GREEN BEANS CANNED PLUOTS VEGGIE BAR MILK	Oct - 17 NACHOS NACHO TOPPING FAJITA VEGGIES BLACK BEAN SALAD STRAWBERRIES, FRESH MILK	Oct - 18 BBQ ROASTED CHICKEN POTATOE DICED SEASO BROCCOLI ROLL, WHOLE WHEAT CINNAMON APPLESAUC MILK	Oct - 19 SPAGHETTI BREAD STICK RANCH SALAD GRAPES VEGGIE BAR MILK	Oct - 20 NO SCHOOL TODAY
Oct - 23 CHICKEN PATTY SANDW BROCCOLI PEARS MILK	Oct - 24 BEEF & BEAN BURRITO FAJITA VEGGIES MIXED VEGETABLES STRAWBERRIES VEGGIE BAR MILK	Oct - 25 TERIYAKI CHICKEN RICE STIR FRY CELERY STICKS EGG ROLL, 1.5 OZ MANDARIN ORANGES MANDARIN SAUCE VEGGIE BAR MILK	Oct - 26 RIB B Q ON BUN POTATOE DICED SEASO PORK & BEANS BLUEBERRIES MILK	Oct - 27 PIZZA RANCH SALAD CELERY STICKS APPLE SAUCE MIXED BE VEGGIE BAR MILK
Oct - 30 HAMBURGER ON A BUN AMERICAN CHEESE PORK & BEANS CARROT & CELERY CUP BLUEBERRIES MILK	Oct - 31 HOT DOG ON A BUN TATER GEMS RANCH SALAD STRAWBERRY APPLESA 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.