

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 UNCRUSTABLE, PB & J SA ZUCCHINI SQUASH WATERMELON VEGGIE BAR MILK	Sep - 2 PIZZA RANCH SALAD CARROTS BANANAS VEGGIE BAR MILK
Sep - 5 NO SCHOOL TODAY	Sep - 6 TOASTED CHEESE SAND GOLDFISH CRACKER RANCH SALAD MIXED FRUIT VEGGIE BAR MILK	Sep - 7 COUNTRY FRIED STEAK MASHED POTATOES BROWN GRAVY CARROTS WHOLE WHEAT ROLL BLUEBERRIES MILK	Sep - 8 HAM & CHEESE YUM YUM MIXED VEGETABLES APPLESAUCE VEGGIE BAR MILK	Sep - 9 FISH TREASURES SCALLOPED POTATOES BABY CARROTS STRAWBERRIES, FRESH VEGGIE BAR TARTAR SAUCE MILK
Sep - 12 SPAGHETTI RANCH SALAD WHOLE WHEAT ROLL GRAPES MILK	Sep - 13 BEEF & BEAN BURRITO CHICKEN RICE BLACK BEAN SALAD ORANGES VEGGIE BAR MILK	Sep - 14 CHICKEN ALFREDO BREAD STICK BROCCOLI BLUEBERRIES VEGGIE BAR MILK	Sep - 15 SOFT SHELL TACO CHEESE SHREDDED LETTUCE REFRIED BEANS CORN GRAPES MILK	Sep - 16 HAMBURGER POTATO WEDGES BABY CARROTS APPLES PICKLES MILK
Sep - 19 RICE BOWL ELEM STIR FRY VEGETABLES EGG ROLL, 1.5 OZ MANDARIN ORANGES FORTUNE COOKIE MANDARIN SAUCE MILK	Sep - 20 MINI CORN DOGS POTATO WEDGES BABY CARROTS TROPICAL FRUIT, CANNE VEGGIE BAR MILK	Sep - 21 CHICKEN & NOODLE MASHED POTATOES PEAS ROLL, WHOLE WHEAT PEACH MILK	Sep - 22 BBO ROASTED CHICKEN GREEN BEANS LOW SODI WHOLE GRAIN ROLL PEACH MILK	Sep - 23 PIZZA RANCH SALAD CARROTS BANANAS VEGGIE BAR MILK
Sep - 26 CHICKEN WRAP SHREDDED LETTUCE CHEESE PORK & BEANS BROCCOLI GRAPES MAYONNAISE MILK	Sep - 27 HOT DOG ON A BUN SIDEWINDERS CARROTS APPLES VEGGIE BAR MILK	Sep - 28 CHILI PARMA CORNBREAD MIXED VEGETABLE PEARS VEGGIE BAR MILK	Sep - 29 HAMBURGER GRAVY MASHED POTATOES WHOLE GRAIN ROLL WINTER BLEND PEACHES VEGGIE BAR MILK	Sep - 30 UNCRUSTABLE, PB & J SA CUCUMBER & TOMATOES GOLDFISH CRACKER BANANAS 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.