

# Parma School Dist. #137

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1  SPICY CHICKEN BOWL STIR FRY VEGTABLES EGG ROLL MANDARIN ORANGES PINEAPPLE MANDARIN SAUCE VEGGIE BAR BBQ PORK CARROTS & JICAMA CU MILK	Sep - 2  Nachos NACHO TOPPING HS BLACK BEAN SALAD FRESH STRAWBERRIES VEGGIE BAR CORN DOG MILK
Sep - 5  HOLIDAY	Sep - 6  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR CHEESE BURGER CARROT & CELERY STIC MILK	Sep - 7  CHICKEN ALFREDO BROCCOLI WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR PHILLY CHEESE STEAK POTATO WEDGES CARROTS MILK	Sep - 8  BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES FRESH STRAWBERRIES VEGGIE BAR CHICKEN PATTY BABY CARROTS MILK	Sep - 9  CORN DOG FRENCH FRIES GREEN BEAN FROZEN BLUEBERRIES VEGGIE BAR HAMBURGER CARROTS & JICAMA CU MILK
Sep - 12  HAMBURGER ON A BUN AMERICAN CHEESE POTATO WEDGES COLESLAW BLUEBERRIES VEGGIE BAR BOXED BBQ CHICKEN FI BROCCOLI & CAULIFLO MILK	Sep - 13  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR SPICY CHICKEN SANDWI BROCCOLI MILK	Sep - 14  COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BROCCOLI WHOLE WHEAT ROLL GRAPES, FRESH VEGGIE BAR BOXED BBQ CHICKEN FI CARROTS MILK	Sep - 15  CHICKEN NUGGET POTATO WEDGES BROCCOLI FRESH STRAWBERRIES WHOLE WHEAT ROLL VEGGIE BAR CHEESE BURGER PORK & BEANS CARROTS MILK	Sep - 16  TORNADOE BLACK BEAN SALAD FAJITA VEGGIES SHREDDED LETTUCE TORTILLA CHIPS TROPICAL FRUIT CHEESE BURGER PORK & BEANS CARROTS & JICAMA MILK
Sep - 19  HAM & CHEESE YUM YU SIDEWINDERS WINTER BLEND FRESH STRAWBERRIES VEGGIE BAR HAMBURGER CARROTS MILK	Sep - 20  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR GRILLED CHICKEN BROCCOLI MILK	Sep - 21  PORK ENCHILADA CHICKEN RICE BLACK BEAN SALAD TROPICAL FRUIT VEGGIE BAR BOXED BBQ CHICKEN FI FOUR BEAN SALAD MILK	Sep - 22  SPAGHETTI CHEESE BREAD STICK SALAD MIXED FRUIT VEGGIE BAR CHICKEN PATTY BABY CARROTS MILK	Sep - 23  FISH STICKS BABY BAKERS COLESLAW ROLL, WHOLE WHEAT FRESH STRAWBERRIES TARTAR SAUCE VEGGIE BAR PIZZA POCKET POTATO WEDGES BROCCOLI & CAULIFLO MILK
Sep - 26  BEEF & BEAN BURRITO CHICKEN RICE FAJITA VEGGIES FRESH STRAWBERRIES VEGGIE BAR CHICKEN PATTY BABY CARROTS MILK	Sep - 27  PIZZA RIPPERS SALAD PINEAPPLE PEACHES VEGGIE BAR MEATBALL SUB BROCCOLI MILK	Sep - 28  CHILI PARMA CHEESE STICK MARBLE WHOLE WHEAT ROLL CARROTS & JICAMA CU PEACHES VEGGIE BAR CORN DOG BROCCOLI & CAULIFLO MILK	Sep - 29  PHILLY CHEESE STEAK POTATO WEDGES FAJITA VEGGIES WATERMELON VEGGIE BAR BOXED BBO CHICKEN FI BROCCOLI MILK	Sep - 30  CHICKEN PATTY SIDEWINDERS BROCCOLI GRAPES, FRESH VEGGIE BAR CHEESE BURGER PORK & BEANS BROCCOLI & CAULIFLO 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.**

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This institution is an equal opportunity provider.  
MENU IS SUBJECT TO CHANGE

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