

Shaker Regional School District

NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>BAKED CHICKEN NUGGETS CREAMY MASHED POTATO DINNER ROLL GREEN BEANS ITALIAN VEGETABLE BLEND BANANA CHOCOLATE PUDDING VANILLA PUDDING CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>31</p> <p>CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA ROASTED CARROTS PEAS SLICED PEACHES APPLE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>1</p> <p>WOK BAR: STIR FRY DAY VEGETABLE LO MEIN VEGETABLE EGG ROLL SEASONED NORMANDY VEG PINEAPPLE TIDBITS ORANGE CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD</p>	<p>2</p> <p>MOZZARELLA STICKS MARINARA SAUCE SPAGHETTI & SAUCE BROCCOLI APPLESAUCE PINEAPPLES & ORANGES CHOICE(S) CHEFS SALAD SUNBUTTER & JELLY TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>3</p> <p>TEACHER WORKSHOPS NO SCHOOL FOR STUDENTS</p>
<p>6</p> <p>CLASSIC SHEPHERD'S PIE CHEESY GARLIC BREADSTICK PEAS SLICED PEACHES CRISP FRESH APPLE CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY WRAP BLT SANDWICH CHEFS SALAD</p>	<p>7</p> <p>FRESH BAKED PIZZA CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA ITALIAN VEGETABLE BLEND SPRING MIX SALAD BANANA CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>8</p> <p>CREAMY MAC & CHEESE GARLIC BREADSTICK CALIFORNIA VEGETABLE BLEND PARMESAN BROCCOLI SLICED PEARS GRAPES CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD</p>	<p>9</p> <p>CHOICE OF BURGER GRILLED CHICKEN ON A ROLL BAKED BEANS GLAZED CARROTS MIXED FRUIT APPLESAUCE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>10</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>13</p> <p>PULLED PORK ON WW BUN BAKED BEANS COLE SLAW GREEN BEANS STRAWBERRY CUP CRISP FRESH APPLE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD BLT SANDWICH TUNA SALAD ON WHEAT TURKEY WRAP CHICKEN CAESAR WRAP</p>	<p>14</p> <p>CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA SPRING MIX SALAD ITALIAN VEGETABLE BLEND BANANA CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT BLT SANDWICH CHICKEN CAESAR WRAP CHEFS SALAD TURKEY WRAP</p>	<p>15</p> <p>PASTA BAR GARLIC BREADSTICK SEASONED NORMANDY VEG FRUIT MIX FRESH PEAR CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>16</p> <p>TURKEY AND GRAVY CREAMY MASHED POTATO STUFFING BREADSTICK PEAS CORN CRANBERRY SAUCE ORANGE SMILES BLUEBERRY CRISP CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>17</p> <p>GRILLED CHEESE GRILLED HAM & CHEESE TOMATO SOUP GOLDFISH COLE SLAW CELERY STICKS SLICED PEACHES PINEAPPLE TIDBITS CHOCOLATE CHIP COOKIE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>

**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.

Shaker Regional School District

003 - BELMONT HIGH SCHOOL

Oct 24, 2017

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NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
20 SOFT SHELL TACO SAUTEED PEPPERS & ONION SEASONED BROWN RICE BROCCOLI CORN PINEAPPLES & ORANGES FRESH PEAR CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	21 CHEESE PIZZA PEPPERONI PIZZA SEASONED NORMANDY VEG APPLESAUCE ORANGE CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT TURKEY WRAP CHEFS SALAD BLT SANDWICH CHICKEN CAESAR WRAP WG	22 NO SCHOOL FOR STUDENTS	23 NO SCHOOL FOR STUDENTS	24 NO SCHOOL FOR STUDENTS
27 BAKED CHICKEN NUGGETS CREAMY MASHED POTATO DINNER ROLL GREEN BEANS ITALIAN VEGETABLE BLEND BANANA CHOCOLATE PUDDING VANILLA PUDDING CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP	28 FRESH BAKED PIZZA CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA CORN PEAS SLICED PEACHES FRESH ORANGE WEDGES CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	29 CHOICE OF BURGER GRILLED CHICKEN ON A ROLL BAKED BEANS GLAZED CARROTS MIXED FRUIT APPLESAUCE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	30 MOZZARELLA STICKS MARINARA SAUCE SPAGHETTI & SAUCE BROCCOLI GRAPES MANDARIN ORANGES CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	1 CHICKEN FAJITA CHEESE SAUTEED PEPPERS & ONION REFRIED BEANS SEASONED BROWN RICE MEXICAN CORN PINEAPPLE TIDBITS CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP

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