

Shaker Regional School District

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			WOK BAR: STIR FRY DAY LO MEIN FRIED RICE NORMANDY VEG BLEND PINEAPPLE TIDBITS GRAPES,Fresh CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	GRILLED CHEESE GRILLED HAM & CHEESE TUNA SALAD ON WHEAT TOMATO SOUP GOLDFISH COLE SLAW CELERY STICKS SLICED PEACHES SLICED PEARS CHOCOLATE CHIP COOKIE CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH
5	6	7	8	9
BEEF NACHO TACO GROUND BEEF SAUTEED PEPPERS & ONIONS REFRIED BEANS SOUR CREAM BROWN RICE CORN PINEAPPLES & ORANGES FRUIT MIX CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	CHEESE PIZZA PEPPERONI PIZZA NORMANDY VEG BLEND BROCCOLI FLORETS APPLESAUCE ORANGE SMILES CHOICE(S) TUNA SALAD ON WHEAT TURKEY WRAP CHEFS SALAD BLT SANDWICH CHICKEN CAESAR WRAP WG	BBQ CHICKEN SUB BAKED BEANS PEAS ITALIAN VEGETABLE BLEND SLICED PEACHES FRESH PEAR CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	SHEPHERDS PIE CARROTS FRESH BAKED BREADSTICK APPLE PEARS CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	PULLED PORK ON WW BUN BAKED BEANS GREEN BEANS STRAWBERRY CUP GRAPES,Fresh CHOCOLATE CHIP COOKIE CHOICE(S) CHEFS SALAD BLT SANDWICH TUNA SALAD ON WHEAT TURKEY WRAP CHICKEN CAESAR WRAP
12	13	14	15	16
BRUNCH FOR LUNCH FRENCH TOAST STICKS SYRUP HASH BROWN SCRAMBLED EGGS CARROT STICKS FRUIT MIX APPLESAUCE CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA CORN SPRING MIX SALAD BANANA CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	CHEESY MACARONI GARLIC BREADSTICK CALIFORNIA VEGETABLE BLEND BROCCOLI SLICED PEARS APPLE CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	MINI CALZONES MARINARA SAUCE NORMANDY VEG BLEND WW PASTA SALAD GRAPES,Fresh APPLESAUCE CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP	CHICKEN PATTY ON A ROLL SPICY CHICKEN PATTY ON A BU BAKED BEANS PEAS ITALIAN VEGETABLE BLEND SLICED PEACHES FRESH PEAR CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP

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.