

Shaker Regional School District

003 - BELMONT HIGH SCHOOL

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>VACATION</p>	<p>2</p> <p>CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA ROASTED CARROTS SPRING MIX SALAD BANANA CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>3</p> <p>CHICKEN PATTY ON A ROLL SPICY CHICKEN PATTY ON A BU PEAS ITALIAN VEGETABLE BLEND APPLESAUCE FRESH PEAR CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>4</p> <p>WOK BAR: STIR FRY DAY VEGETABLE LO MEIN FRIED RICE SEASONED NORMANDY VEG PINEAPPLE TIDBITS GRAPES CHOICE(S) TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD</p>	<p>5</p> <p>CREAMY MAC & CHEESE BEEFY MAC & CHEESE GARLIC BREADSTICK CALIFORNIA VEGETABLE BLEND PARMESAN BROCCOLI SLICED PEARS FRUIT MIX CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD</p>
<p>8</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>9</p> <p>CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA SPRING MIX SALAD ITALIAN VEGETABLE BLEND BANANA CHOICE(S) TUNA SALAD ON WHEAT BLT SANDWICH CHICKEN CAESAR WRAP CHEFS SALAD TURKEY WRAP</p>	<p>10</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>11</p> <p>CHOICE OF BURGER BAKED BEANS ROASTED CARROTS FRUIT MIX APPLESAUCE CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>12</p> <p>GRILLED CHEESE GRILLED HAM & CHEESE TOMATO SOUP GOLDFISH COLE SLAW CELERY STICKS FRUIT MIX PINEAPPLE TIDBITS CHOCOLATE CHIP COOKIE CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>
<p>15</p> <p>HOLIDAY</p>	<p>16</p> <p>CHEESE PIZZA PEPPERONI PIZZA SEASONED NORMANDY VEG BROCCOLI FLORETS APPLESAUCE ORANGE CHOICE(S) TUNA SALAD ON WHEAT TURKEY WRAP CHEFS SALAD BLT SANDWICH CHICKEN CAESAR WRAP WG</p>	<p>17</p> <p>PASTA BAR MEAT BALLS GARLIC BREADSTICK SEASONED NORMANDY VEG FRUIT MIX FRESH PEAR CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>18</p> <p>CHICKEN RICE CASSEROLE FRESH BAKED ROLL ITALIAN VEGETABLE BLEND SWEET GREEN PEAS SLICED PEACHES CRISP FRESH APPLE CHOCOLATE CHIP COOKIE CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD</p>	<p>19</p> <p>TEACHER WORKSHOPS</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.

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Monday	Tuesday	Wednesday	Thursday	Friday
22 CHOICE OF BURGER BAKED BEANS ROASTED CARROTS SLICED PEACHES APPLE CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	23 CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA SPRING MIX SALAD ITALIAN VEGETABLE BLEND BANANA CHOICE(S) TUNA SALAD ON WHEAT BLT SANDWICH CHICKEN CAESAR WRAP CHEFS SALAD TURKEY WRAP	24 WRAP DAY CHICKEN CAESAR WRAP CHICKEN BLT WRAP BUFFALO CHICKEN WRAP BBQ CHICKEN WRAP PEAS ITALIAN VEGETABLE BLEND BLUEBERRY CRISP APPLESAUCE CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	25 CREAMY MAC & CHEESE BEEFY MAC & CHEESE GARLIC BREADSTICK CALIFORNIA VEGETABLE BLEND PARMESAN BROCCOLI SLICED PEARS FRUIT MIX CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	26 SOFT SHELL TACO SAUTEED PEPPERS & ONION SEASONED BROWN RICE GREEN BEANS CORN PINEAPPLES & ORANGES FRESH PEAR CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP
29 MOZZARELLA STICKS MARINARA SAUCE SPAGHETTI & SAUCE BROCCOLI GRAPES PINEAPPLE TIDBITS CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	30 CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA ROASTED CARROTS SPRING MIX SALAD BANANA CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	31 CHICKEN TENDERS SEASONED BROWN RICE GREEN BEANS ITALIAN VEGETABLE BLEND SLICED PEARS BANANA CHOCOLATE PUDDING VANILLA PUDDING CHOICE(S) CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP	1 MEATLOAF BROWN GRAVY CREAMY MASHED POTATO STEAMED PEAS SEASONED NORMANDY VEG FRESH BAKED ROLL SLICED PEACHES APPLESAUCE CHOICE(S) TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	2 PASTA BAR GARLIC BREADSTICK CALIFORNIA VEGETABLE BLEND FRUIT MIX 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.*

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