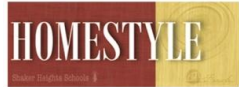


# Shaker Heights Schools



## Lunch February

## High School



	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17
	Cajun Chicken Bowl w/ Toppings Dirty Rice Biscuit	Beef & Mac Casserole Glazed Carrots Bread Stick	Chili Hot Dog Baked French Fries	Chicken Parmesan Sandwich Peas	<u>Breakfast For Lunch!</u> Waffles Sausage
	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Double Hot Dog	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Fish Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich
	Cheese Pepperoni Veggie	Cheese Pepperoni Meatball	Cheese Pepperoni Meat Lover's	Cheese Pepperoni Buffalo Chicken	Cheese Pepperoni Jennifer's Special
	Veggie Pita Chicken Caesar Salad Garden Salad	Tuna Pita Chef Salad Garden Salad	Turkey & Cheese Sandwich Taco Salad Garden Salad	BBQ Chicken Wrap Chef Salad Garden Salad	Turkey & Cheese Bagel Chicken Caesar Salad Garden Salad
	Tossed Salad w/ Dressing Fresh Fruit	Veggie Dippers Fresh Fruit	Tossed Salad w/ Dressing Fresh Fruit	Veggie Dippers Fresh Fruit	Tossed Salad w/ Dressing Strawberry Cup

<p align="center"><b>Shaker Combo \$3.10</b></p> <p>Includes: Choice of One Entrée, Two Servings of Fruits and Vegetables, One Grain or Bread and One Low-Fat Milk</p> <p align="center">Shaker Combo also available in the Hot Shoppe and the Nutri Bar!</p>	<p align="center"><b>Nutritional Targets</b></p> <p>Calories: 846, Iron: 4.5 mg, Calcium: 400 mg, Vitamin A: 1500 IU, Vitamin C: 19.18 mg, Protein: 16.7 g, Total Fat Less Than 30%, Saturated Fat Less Than 10%</p>
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Menu Subject To Change

Please discuss any food allergy issues concerning your child with Executive Chef Stefanie Tuma 216.295.4342

No child will be discriminated against because of race, color, national origin, age or disability.  
If you believe you have been discriminated against, write to the Department of Agriculture, Washington, D.C. 20250

