

Shaker Heights Combos



May 18-22

| | Monday | Tuesday | Taste c Italian | Thursday | Friday |
|--|--|---|---|--|--|
| HOMESTYLE <small>Shaker Heights combos</small> | Gyros Veggie Dippers Fresh Fruit Gyros Toppings | Philly Cheese Steaks Hashbrowns Fresh Oranges | Spagetti with Meat Sauce Green Beans Garlic Bread Chilled Grapes | Mac & Cheese Green Peas Dinner Roll Fresh Fruit | Grilled Hot Dogs It. Sausage Baked Beans Potato Salad Chilled fruit & Cookie |
| GRILL <small>Shaker Heights combos</small> | Hamburger Cheeseburger Spicy Chicken Sandwich | Hamburger Cheeseburger BBQ Rib Sandwiches | Hamburger Cheeseburger Spicy Chicken Sandwich | Hamburger Cheeseburger Spicy Chicken Sandwich | Hamburger Cheeseburger Spicy Chicken Sandwich |
| PIZZA <small>Shaker Heights combos</small> | Cheese or Pepperoni Hamburger | Cheese or Pepperoni Veggie | Cheese or Pepperoni Loaded pizza | Cheese or Pepperoni Buffalo | Cheese or Pepperoni Meat Lovers |
| DELI <small>Shaker Heights combos</small> | Turkey & Cheese Sandwich | Vegetable Wrap | Caesar Chicken Sandwich | Turkey Club Hoagie | Tuna on Wheat |
| SIDE DISHES <small>Shaker Heights combos</small> | Chef and Garden Salad | Chef and Garden Salad | Chef and Garden Salad | Chef and Garden Salad | Chef and Garden Salad |
| | Fresh Cut Assorted Veggies, Tossed Salad, Assorted Fresh and Canned Fruit, 100% Juice | | | | |
| Nutritional Targets | Targets: Calories: 846 Iron: 4.50 Mg Calcium: 400 Mg Vitamin A: 1500 IU Vitamin C: 19.18 Mg Protein: 16.7 G Total Fat less then 30% & Saturated Fat less then 10% | | | | |
| Nutritional Information | Weekly Average: Calories: 8825 Iron:5.99Mg Calcium: 676 Vitamin A:7484IU Vitamin C:62.78Mg Protein:36.93G Total Fat 30.16% Saturated Fat 10.08% | | | | |

What is a Shaker Heights Combo? You are entitled to take 1 entrée, 2 different vegetables or fruit, grain or bread item and milk. Minimally you must take at least 3 items. Shaker Heights Grill Combos are also available in the Hot Shoppe. Shaker Heights Deli Combos are also available in the nutribar.