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|  | **Grilled Cheese,**  **Shaker Heights High School  Week 3**  **Tomato Soup, Roasted Corn,**  **Fresh Fruit**  **Variety of Fluid milk** | **General Tso Chicken, Seasoned Rice, Roasted Broccoli**  **Fresh Fruit**  **A Variety of Fluid Milk** | **Wing Day**  **Assorted Sauce’s, Cheesy Potatoes, Carrots & Celery, Pretzel Stick**  **Fresh Fruit**  **A Variety of Fluid Milk** | **Breakfast for Lunch**  **French Toast, Sausage, Hashbrowns**  **Fresh Fruit**  **A Variety of Fluid Milk** | **Chicken Penne Alfredo, Roasted Green Beans, Garlic Roll Fresh Fruit**  **A Variety of Fluid Milk** |
|  | Southwest Black Bean Burger  Cheeseburger  Spicy Chicken Sandwich | Southwest Black Bean Burger  Cheeseburger  Spicy Chicken Sandwich | Southwest Black Bean Burger  Cheeseburger  Spicy Chicken Sandwich | Southwest Black Bean Burger  Cheeseburger  Spicy Chicken Sandwich | Southwest Black Bean Burger  Cheeseburger  Spicy Chicken Sandwich` |
|  | Hot Italian Pizza  Pepperoni Pizza  Cheese Pizza | Meatball Pizza  Pepperoni Pizza  Cheese Pizza | Supreme Pizza  Pepperoni Pizza  Cheese Pizza | Sausage Pizza  Pepperoni Pizza  Cheese Pizza | Veggie Pizza  Pepperoni Pizza  Cheese Pizza |
|  | Daily Choice of: Bowl, Burrito, Nachos  Protein Choices: Taco Beef, Fajita Chicken, Carnitas, Tofu  Assorted Sides and Toppings | | | | |
|  | Protein Choices: Seasoned Beef, Marinated Chicken, Marinated Tofu  Choice of Rice or WG Noodles,  Assorted Fresh Vegetables, Sauces | | | | |
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| Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342 or email Jacobs\_m@shaker.org for questions or comments.  **This institution is an equal opportunity provider.** | | | | | |