







# Shaker Heights High School

	Monday 10/3/2022	Tuesday 10/4/2022	Wednesday 10/5/2022	Thursday 10/6/2022	Friday 10/7/2022
	<b>Italian Sausage Bowl</b> Italian Sausage Peppers and Onions Olive Oil Mashed Potatoes	<b>Smoked Carolina Brisket Bowl</b> Macaroni and Cheese, Smoky Greens	<b>NO SCHOOL Yom Kippur</b>	<b>Philly Cheesesteak Bowl</b> Mashed Potatoes, Peppers and Onions, Cheddar Cheese	<b>Honey Srirachia Bowl</b> Honey Srirachia Chicken, Peppers and Onions, Queso Sauce, Broccoli
	Southwest Black Bean Burger Cheeseburger Spicy Chicken Sandwich	Meatball Sub Cheeseburger Spicy Chicken Sandwich	<b>NO SCHOOL Yom Kippur</b>	Italian Burger Cheeseburger Spicy Chicken Sandwich	Caprese Chicken Grilled Cheese Cheeseburger Spicy Chicken Sandwich
	Buffalo Chicken Pizza Pepperoni Pizza Cheese Pizza	Margherita Pizza Pepperoni Pizza Cheese Pizza	<b>NO SCHOOL Yom Kippur</b>	Veggie Lover's Pizza Pepperoni Pizza Cheese Pizza	Cheesy Garlic and Spinach 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 Assorted Sides and Toppings				
	<b>Italian Sausage Bowl</b> Italian Sausage Peppers and Onions Olive Oil Mashed Potatoes	<b>Smoked Carolina Brisket Bowl</b> Sautéed Kale Warm Baked Apples	<b>NO SCHOOL Yom Kippur</b>	<b>Bolognese Bowl</b> Baked Sweet Potato, Grilled Zucchini	<b>Grilled Rosemary Chicken Bowl</b> Brown Rice Steamed Broccoli
<p>Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342 or email <a href="mailto:Jacobs_m@shaker.org">Jacobs_m@shaker.org</a> for questions or comments.</p> <p>This institution is an equal opportunity provider.</p>					





