







Shaker Heights High School

	Monday 9/19/22	Tuesday 9/20/22	Wednesday 9/21/22	Thursday 9/22/22	Friday 9/23/22
	Chicken & Waffle Bowl Country Gravy, Braised Swiss Chard, Scrambled Eggs, Roasted Potatoes	BBQ Mac & Cheese Bowl Smoked Pulled Pork, Caramelized Onion, BBQ Sauce, BBQ Baked Beans	Enchilada Bowl Cilantro Lime Cauliflower Rice, Roasted Pepper and Onions, Corn and Black Bean Salad	Wing Day Assorted Wing Flavors Cheesy Potatoes Celery Sticks	Sweet and Sour Chicken Brown Rice Pilaf Seasoned Steamed Broccoli
	Jamaican Burger Cheeseburger Spicy Chicken Sandwich	Southwest Black Bean Burger Cheeseburger Spicy Chicken Sandwich	BBQ Turkey Burger Cheeseburger Spicy Chicken Sandwich	Grilled Cheese Cheeseburger Spicy Chicken Sandwich	Caprese Grilled Cheese Cheeseburger Spicy Chicken Sandwich
	Hot Italian Pizza Pepperoni Pizza Cheese Pizza	Cheesy Spinach Pizza Pepperoni Pizza Cheese Pizza	Greek Pizza Pepperoni Pizza Cheese Pizza	Veggie Lover's Pizza Pepperoni Pizza Cheese Pizza	Margherita 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				
	Braised Beef Roasted Potatoes Sautéed Spinach	Chicken and Vegetable Curry Brown Rice Roasted Cauliflower	Herb Roasted Turkey Breast Baked Potato Peas and Carrots	Stewed Garbanzo Beans with Roasted Tomatoes Olive Oil Mashed Potatoes	Sweet and Sour Chicken Brown Rice Pilaf Seasoned Steamed Rice
<p>Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342 or email Jacobs_m@shaker.org for questions or comments.</p> <p>This institution is an equal opportunity provider.</p>					





