

Shaker Heights Schools

Food Zone

K-6 November 2021-2022				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Whole Grain French Bread Pizza Corn and Garbanzo Bean Salad Fresh Fruit Milk-1% or Flavored Fat Free, or Skim	Salisbury Steak Au Gratin Potatoes Sautéed Spinach Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	<u>*Breakfast for Lunch*</u> Chicken and Waffles Herb Roasted Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	Beef, Bean and Cheese Burrito Baked Potato Wedges Roasted Carrots Grapes Milk-1% or Flavored Fat Free, or Skim	Teriyaki Beef Stir Fry Seasoned Brown Rice Mixed Vegetable Fresh Fruit Milk-1% or Flavored Fat Free, or Skim
8	9	10	11	12
Swedish Meatballs Roasted Potato Wedges Steamed Broccoli Whole Grain Biscuit Fresh Fruit Milk-1% or Flavored Fat Free, or Skim	Turkey and Cheese Sub Sandwich Baby Carrot Sticks Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	Beef Chili with Beans and Fresh Vegetables Braised Green Beans Cornbread Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	Cheese Ravioli with Meatballs Mixed Greens Salad Grapes Milk-1% or Flavored Fat Free, or Skim	Hamburger Baked French Fries Seasoned Corn Fresh Fruit Milk-1% or Flavored Fat Free, or Skim
15	16	17	18	19
Chicken Alfredo Pasta Roasted Broccoli Fresh Fruit Milk-1% or Flavored Fat Free, or Skim	Beef Pepperoni Calzone Garbanzo Bean Salad Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	<u>*Breakfast for Lunch*</u> French Toast Turkey Sausage Seasoned Diced Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	Popcorn Chicken Mashed Potatoes/Gravy Seasoned Corn Grapes Milk-1% or Flavored Fat Free, or Skim	Macaroni and Cheese Baked Beans Braised Collard Greens Fresh Fruit Milk-1% or Flavored Fat Free, or Skim
22	23	24	25	26
No School- Thanksgiving Break	No School- Thanksgiving Break	No School- Thanksgiving Break	No School- Thanksgiving Break	No School- Thanksgiving Break
29	30	1	2	3
Whole Grain French Bread Pizza Corn and Garbanzo Bean Salad Fresh Fruit Milk-1% or Flavored Fat Free, or Skim	Salisbury Steak Au Gratin Potatoes Sautéed Spinach Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	<u>*Breakfast for Lunch*</u> Chicken and Waffles Herb Roasted Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	Turkey Hot Pocket Baked Potato Wedges Roasted Carrots Grapes Milk-1% or Flavored Fat Free, or Skim	Teriyaki Beef Stir Fry Seasoned Brown Rice Mixed Vegetable Fresh Fruit Milk-1% or Flavored Fat Free, or Skim

Menu Subject to Change

Any questions please call the Food Service Director Mark Jacobs 216.295.4342
This institution is an equal opportunity provider.

