

Shaker Heights Schools

Food Zone

MS 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
2nd Entree	2nd Entree	2nd Entree	2nd Entree	2nd Entree
Chicken Sandwich	Chicken Nuggets	Bosco Sticks	Hamburger	Cheese Pizza

Menu Subject to Change

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

