

SEPTEMBER
2022

K-8TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider. Menu Subject To Change Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk			1 DOGS IN A BLANKET	2 CHICKEN N' BISCUITS
			$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Green Beans (8 CHO) Mini Corn Dogs (1.75 M/1.75 WG - 25 CHO - 5E) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{3}{4}$ C Carrots (7 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)
5 LABOR DAY	6 CLASSIC BURGER	7 SAY CHEESE! PIZZA	8 GOLDEN NUGGETS	9 CELEBRATION CHEF SALAD
NO SERVICE	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Corn (20 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{1}{2}$ C Wango Mango Juice (13 CHO) $\frac{1}{2}$ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{3}{4}$ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	$\frac{1}{2}$ C 100% Juice* 1 C Chopped Lettuce (4 CHO) $\frac{1}{2}$ C Matchstick Carrots (7 CHO) Turkey (1.5 M - 1 CHO) Shredded Cheese (0.5 MMA - 1 CHO) Croutons (1 WG - 11 CHO) Cheez-It (1 WG - 14 CHO) Ranch Packet (8 CHO)
12 CRISPY CHICKEN PATTY	13 FLUFFY CAKES & LINKS	14 CONEY DOG	15 CHEESE DIPPERS	16 HAM DINNER
$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Broccoli (5 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	$\frac{1}{2}$ C Craisin (27 CHO) $\frac{3}{4}$ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{3}{4}$ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{3}{4}$ C Carrots (7 CHO) $\frac{1}{2}$ C Garlic Butter Mashed Potatoes (22 CHO) Turkey Ham (2 M - 2 oz - 1 CHO) Chocolate Chip Cookie (1 WG - 13 CHO)
19 DOGS IN A BLANKET	20 CHICKEN N' BISCUIT	22 CHEESE QUESADILLA	23 WONDEROUS WAFFLE	24 MAC N' CHEESE
$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Green Beans (8 CHO) Mini Corn Dogs (1.75 M/1.75 WG - 25 CHO - 5E) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Apple Crisps (10 CHO) $\frac{3}{4}$ C Carrots (7 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{3}{4}$ C Taco Beans (36 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO - 3 E) Taco Packet (1 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{3}{4}$ C Broccoli (5 CHO) Cheesy Cheddar Penne Pasta (2 WG/2 MMA - 8.9 oz - 49 CHO)
26 BREADSTICKS	27 CLASSIC BURGER	28 SAY CHEESE! PIZZA	29 GOLDEN NUGGETS	30 FIESTA BOWL SENSATION
$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA /2 WG - 42 CHO) Marinara Cup (14 CHO)	$\frac{1}{2}$ C Craisin (27 CHO) $\frac{3}{4}$ C Baked Beans (42 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{1}{2}$ C Wango Mango Juice (13 CHO) $\frac{1}{2}$ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M /1 WG - 14 CHO) BBQ Packet (5 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{1}{2}$ C Corn (14 CHO) $\frac{1}{2}$ C Salsa (3 CHO) $\frac{3}{4}$ C Brown Rice (1.5 WG - 36 CHO) Taco Beef (2 M - 1.5 oz - 1 CHO) Queso Cheese (1 MMA - 2 oz - 4 CHO)

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K-8TH GRADE BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider</p> <p>Menu Subject to Change. Served With Milk. *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p>			1	2
			<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CINNAMON TOAST CRUNCH CEREAL (1 WG - 22 OZ)</p>
5	6	7	8	9
NO SERVICE	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)</p>	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO)</p>
12	13	14	15	16
<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)</p>	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) CHEX CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)</p>
19	20	22	23	24
<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 CHO)</p>	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)</p>	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CINNAMON TOAST CRUNCH CEREAL (1 WG - 22 OZ)</p>
26	27	28	29	30
<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) TRIX BAR (1 OZ WG - 29 CHO)</p>	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)</p>	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)</p>	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO)</p>

