

**K-8<sup>th</sup> LUNCH**

**SEPTEMBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Tenders	2 Breakfast Sandwich	3 Double Stuffed Pizza	4 Turkey Ciabatta
	½ C Applesauce Cup ¾ Carrots 3.35 oz Breaded Chicken Tenders (1WG/ 2 M) (3E) BBQ Packet	½ C Fresh Fruit ¾ C Tater Tots 2oz English Muffins (2 WG) 1.5 oz Egg Patty (1.5 MMA) 0.5 oz American Cheese (0.5 MMA) Ketchup Packet	½ C Fresh Apple ¾ C Broccoli 3.75 oz Double Stuffed Mozzarella Cheese Pizza (2 WG, 2MMA)	4oz 100% Juice 1 C Mixed Salad Greens ¼ C Matchstick Carrots 1.8 oz Ciabatta (2.25 WG) 1.5 oz Turkey Breast (1.5 M) 0.5 oz Swiss American Cheese (0.5 MMA) Ranch Packet Mustard Packet
7 Chicken & Biscuits	8 Pancakes	9 Chicken Nuggets	10 Bosco Sticks	11 Burrito Bowl
4oz 100% Juice ¾ C Green Beans 3.36 oz Breaded Popcorn Chicken (2 MMA/ 2 WG) (12 E) 2 oz Buttermilk Biscuit (2 WG) Honey Packet	½ C Applesauce Cup ¾ C Tater Tots 2.55 oz Pancakes (2 WG) 2 oz Turkey Sausage Links (2 M) (2E) Ketchup Packet Syrup Cup	½ C Fresh Fruit ¾ C Broccoli 3.35 oz Chicken Nuggets (2 G/ 2 M) (5 E) BBQ Packet	½ C Fresh Apple ¾ C Carrots ¼ C Marinara 3.78 oz Bosco Stick (2 G/ 2 MMA) (2E)	4oz 100% Juice ¼ C Corn ¼ C Salsa ½ C Black Beans 1 C Spanish Rice (2 WG) 0.5oz Monterey Jack Cheese (0.5 MM) 1.5 oz Fiesta Chicken Strips (1.5 oz M)
14 Taco Bite	15 Breakfast Pizza	16 Cheese Chicken Rice	17 Coney Dog	18 Mac N' Cheese
4oz 100% Juice 1 C Carrots 4.02 oz Taco Bites (2 WG/2 M) (3E) Taco Packet	½ C Applesauce Cup ¾ C Tater Tots 2.95 oz Turkey Bacon Scramble Pizza (2 MMA/ 2 WG) Ketchup Packet	½ C Fresh Fruit ¾ C Broccoli 1 C Cheesy Rice (2 WG) 1.5 oz Diced Chicken (1.5 M) 0.5 oz Shredded Cheese (0.5 MMA)	½ C Fresh Apple ¾ Coney Beans 2.25 oz Turkey Hot Dog (2 M) 2 oz Hot Dog Bun (2 G) Ketchup Packet	4oz 100% Juice ¾ C Green Beans 1 C Cheesy Elbow Pasta (2 WG) 2 oz Shredded Cheddar Cheese (2 MMA)
21 Hamburger	22 Waffle	23 Chili Bowl	24 Bosco Stick	26 Turkey & Mashed Potatoes
4oz 100% Juice ¾ C Broccoli 2.1 oz Beef Patty (2 M) 2.4 oz Hamburger Bun (2 WG) Ketchup Packet	½ C Applesauce Cup ¾ C Tater Tots 2.46 oz Waffles (2G) (2E) 1.34 oz Turkey Sausage Links (2M) (2E) Ketchup Packet Syrup Cup	½ C Fresh Fruit ½ C Pasta ½ C Black Beans ¼ C Kidney Beans 2 oz Chili Sauce 1.5 oz Ground Beef Crumbles (1.5 M) 0.5 oz Shredded Cheddar Cheese (0.5 MMA) 2 oz Mini Cornbread (2 WG)	½ C Fresh Apple ¾ C Carrots 3.78 oz Bosco Stick (2 WG/ 1MMA) (2E) ¼ C Marinara	4oz 100% Juice ½ C Green Beans ½ C Mashed Potatoes 2 oz Turkey Breast (2 M) 2 oz Turkey Gravy 2 oz Graham Crackers (2 WG)
28 Cheese Quesadilla	29 Chicken Tenders	30 Breakfast Sandwich	<p><i>Menu Subject to Change*</i> Daily Choice of 1% White, 1% Chocolate or Fat-Free Milk</p> <p><b>innovation foods</b> 2071 Midway Drive, Twinsburg, OH 44087   440-580-4800 <a href="http://www.ifsmeals.com">www.ifsmeals.com</a></p> <p>This institution is an equal opportunity provider.</p>	
4oz 100% Juice ¾ C Carrots 4.02 oz Cheese Quesadilla (2MMA/2 G) (3E) Taco Packet	½ C Applesauce Cup ¾ C Mixed Vegetables 3.35 oz Breaded Chicken Tenders (1WG/ 2 M) (3E) BBQ Packet	½ C Fresh Fruit ¾ C Roasted Potatoes 2oz English Muffins (2 WG) 1.5 oz Egg Patty (1.5 MMA) 0.5 oz American Cheese (0.5 MMA) Ketchup Packet		