

**K-8TH GRADE LUNCH
OCTOBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to Change* Served with 1% White, 1% Chocolate or Fat Free Milk*</p> <p>innouation foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-530-4000 www.ifsmearls.com This institution is an equal opportunity provider.</p>			<p>1 Double Stuffed Pizza</p> <p>½ C Fresh Apple (15 CHO) ¾ C Broccoli (6 CHO) 3.75 oz Double Stuffed Mozzarella Cheese Pizza (2 W / 2MMA) (30 CHO)</p>	<p>2 Turkey Ciabatta</p> <p>4oz 100% Juice ¾ C Baby Carrots (12 CHO) 1.8 oz Ciabatta (2.25 WG) (29 CHO) 1.5 oz Turkey Ham (1.5 M) (1 CHO) 0.5 oz Swiss American Cheese (0.5 MMA) (1 CHO) Ranch Packet (2 CHO) Mustard Packet (0 CHO)</p>
5 Chicken & Biscuits	6 Pancakes	7 Hamburger	8 Bosco Sticks	9 Burrito Bowl
<p>4oz 100% Juice ¾ C Green Beans (6 CHO) 3.36 oz Breaded Popcorn Chicken (2 MMA/ 2 WG) (11 E) (14 CHO) 1.25 oz Buttermilk Biscuit (1 WG) (27 CHO) Honey Packet (7 CHO)</p>	<p>½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (18 CHO) 2.55 oz Pancakes (2 WG) (28 CHO) 2 oz Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)</p>	<p>½ C Fresh Fruit ¾ C Broccoli (6 CHO) 2.1 oz Beef Patty (2 M) (2 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)</p>	<p>½ C Fresh Apple (15 CHO) ¾ C Carrots (9 CHO) 3.78 oz Bosco Stick (2 G/ 2 MMA) (2E) (28 CHO) Marinara Cup (4 CHO)</p>	<p>4oz 100% Juice ½ C Fiesta Corn Salsa (9 CHO) ½ C Black Beans (23 CHO) 1 C Spanish Rice (2 WG) (29 CHO) 0.5oz Monterey Jack Cheese (0.5 MMA) (1 CHO) 1.5 oz Diced Chicken (1.5 oz M) (0CHO)</p>
12 Chicken Parmesan	13 Breakfast Pizza	14 Chicken Nuggets	15 Taco Bites	16 Cheesy Rice Bake
<p>4oz 100% Juice ½ C Green Beans (6 CHO) ¾ C Marinara (6 CHO) ¾ C Penne Pasta (1.5 G) (32 CHO) 1.5 oz Italian Chicken Crumbles (1.5 M) (0 CHO) 0.5 oz Mozzarella Cheese (0.5 MMA) (1 CHO)</p>	<p>½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (18 CHO) 2.95 oz Turkey Bacon Scramble Pizza (2 MMA/ 2 WG) (22 CHO) Ketchup Packet (2 CHO)</p>	<p>½ C Fresh Fruit 1 C Carrots (12 CHO) 3.35 oz Chicken Nuggets (2 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO)</p>	<p>½ C Fresh Apple (15 CHO) ¾ C Fiesta Beans (32 CHO) 4.02 oz Taco Bites (2 WG/2 M) (3E) (30 CHO) Taco Packet (1 CHO)</p>	<p>4oz 100% Juice ¾ C Broccoli (6 CHO) 1 C Cheesy Rice (2 WG) (49 CHO) 1.5 oz Diced Chicken (1.5 M) (0 CHO) 0.5 oz Shredded Cheese (0.5 MMA) (1 CHO)</p>
19 Cheese Quesadilla	20 Waffle	21 Chili Bowl	22 Chicken Patty	23 Turkey & Mashed Potatoes
<p>4oz 100% Juice ¾ C Carrots (12 CHO) 4.02 oz Cheese Quesadilla (2 MMA/2 G) (3E) (31 CHO) Taco Packet (1 CHO)</p>	<p>½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (18 CHO) 2.46 oz Waffles (2 G) (2E) (27 CHO) 1.34 oz Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)</p>	<p>½ C Fresh Fruit ½ C Corn (16 CHO) ½ C Black Beans and Kidney Beans (26 CHO) ½ C Pasta (1 WG) Tossed In Chili Sauce (23 CHO) 1.5 oz Seasoned Ground Beef (1.5 M) (0 CHO) 0.5 oz Shredded Cheddar Cheese (0.5 MMA) (1 CHO)</p>	<p>½ C Fresh Apple (15 CHO) ¾ C Broccoli (6 CHO) 2.1 oz Breaded Chicken Patty (0.5 G/2 M) (16 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)</p>	<p>4oz 100% Juice ½ C Green Beans (6 CHO) ½ C Mashed Potatoes (24 CHO) 2 oz Turkey Breast (2 M) (1 CHO) 2 oz Turkey Gravy (4 CHO) 2 oz Graham Crackers (2 WG) (18 CHO)</p>
26 Mac N' Cheese	27 Chicken Tenders	28 Breakfast Sandwich	29 Double Stuffed Pizza	30 Turkey Ciabatta
<p>4oz 100% Juice ¾ C Green Beans (8 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 2 oz Cheddar Cheese (2 MMA) (3 CHO)</p>	<p>½ C Applesauce Cup (12 CHO) ¾ C Baked Beans (32 CHO) 3.35 oz Breaded Chicken Tenders (1WG / 2 M) (3E) (16 CHO) BBQ Packet (2 CHO)</p>	<p>½ C Fresh Fruit ¾ C Roasted Potatoes (20 CHO) 2oz English Muffins (2 WG) (25 CHO) 1.5 oz Egg Patty (1.5 MMA) (1 CHO) 1 oz American Cheese (0.5 MMA) (1 CHO) Ketchup Packet (2 CHO)</p>	<p>½ C Fresh Apple (15 CHO) ¾ C Broccoli (6 CHO) 3.75 oz Double Stuffed Mozzarella Cheese Pizza (2 WG / 2MMA) (30 CHO)</p>	<p>4oz 100% Juice ¾ C Baby Carrots (12 CHO) 1.8 oz Ciabatta (2.25 WG) (29 CHO) 1.5 oz Turkey Ham (1.5 M) (1 CHO) 0.5 oz Swiss American Cheese (0.5 MMA) (1 CHO) Ranch Packet (2 CHO) Mustard Packet (0 CHO)</p>