

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes	3 Hamburger	4 Chicken Alfredo	5 Bosco Sticks	6 Burrito Bowl
4oz 100% Juice ¼ 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)	½ C Applesauce Cup (12 CHO) ¾ C Green Beans (6 CHO) 2.1 oz Beef Patty (2 M) (2 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Banana 1 C Broccoli (8 CHO) 1 C Penne Pasta (1.5 G) (32 43 CHO) 2 oz Alfredo Sauce (14 CHO) 2 oz Grilled Chicken Strips (1.5 M) (0 CHO)	½ C Fresh Apple (15 CHO) ¾ C Carrots (6 CHO) 3.75 oz Double Stuffed Mozzarella Cheese Pizza (2 W/ 2MMA) (30 CHO)	4oz 100% Juice ¼ C Fiesta Corn (6 CHO) ¼ C C Salsa (2CHO) ½ C Black Beans (23 CHO) 1 C Spanish Rice (2 WG) (29 CHO) 0.5oz Monterey Jack Cheese (0.5 MM) (1 CHO) 1.5 oz Ground Beef (1.5 oz M) (0CHO)
9 Cheesy Rice Bake	10 Breakfast Pizza	11 Chicken Nuggets	12 Taco Bites	13 Chicken Parmesan
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)	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)	½ C Fresh Banana 1 C Carrots (12 CHO) 3.35 oz Chicken Nuggets (2 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO)	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)	4oz 100% Juice ¼ C Green Beans (6 CHO) ¼ 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)
16 Orange Chicken	17 Waffle	18 Chili & Cornbread	19 Chicken Patty	20 Double Stuffed Pizza
4oz 100% Juice ¾ C Broccoli (6 CHO) 1 C Stir Fry Rice (2 WG) (48 CHO) 2 oz Chicken Strips (2 M) 2 oz Orange Sauce (6 CHO)	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)	½ C Fresh Banana 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) 1 oz Cornbread Loaf (1 WG) (28 CHO)	½ C Fresh Apple (15 CHO) 1 C Carrots (12 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)	4oz 100% Juice ¾ C Green Beans (6 CHO) 3.75 oz Double Stuffed Mozzarella Cheese Pizza (2 WG / 2MMA) (30 CHO)
23 Mac N' Cheese	24 Thanksgiving Dinner	25 Breakfast Sandwich	26 Chicken Tenders HAPPY THANKSGIVING!	27 Ham & Swiss Ciabatta
4oz 100% Juice ½ C Broccoli (6 CHO) ½ C Carrots (6 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 2 oz Cheddar Cheese (2 MMA) (3 CHO)	½ C Applesauce Cup (12 CHO) ½ C Green Beans (4 CHO) ½ C Mashed Potatoes (24 CHO) 2 oz Turkey Breast (2 M) (1 CHO) 2 oz Turkey Gravy (4 CHO) 2 oz Chocolate Chip Cookie (2 WG) (13 CHO)	½ C Fresh Banana 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)	½ C Fresh Apple (15 CHO) ¾ C Baked Beans (32 CHO) 3.35 oz Breaded Chicken Tenders (1WG / 2 M) (3E) (16 CHO) BBQ Packet (2 CHO)	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)
30 Hamburger	<p><i>Menu Subject to Change*</i> Served with 1% White, 1% Chocolate or Fat Free Milk*</p> <p align="center">innovation foods</p> <p>1550 Enterprise Parkway Twinsburg, OH 44087 330-336-9900 www.ifsmeals.com This institution is an equal opportunity provider.</p>			
4oz 100% Juice ¾ C Mixed Vegetable (8 CHO) 2.1 oz Beef Patty (2 M) (2 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)				