

**K-8TH GRADE LUNCH  
February 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Enchilada Bowl</b>	<b>2 Hamburger</b>	<b>3 Ham &amp; Cheesy Potatoes</b>	<b>4 Turkey Sausage Breakfast Pizza</b>	<b>5 Pulled Chicken Sandwich</b>
4oz 100% Juice ½ C Corn (9 CHO) ½ C Black Beans (23 CHO) 1 C Brown Rice (2 WG) (48 CHO) 2 oz Enchilada Sauce (2 CHO) 1 oz Queso Cheese (0.5 MM) (2 CHO) 1.5 oz Braised Chicken Thighs (1.5 oz M) (>1 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Carrots (9 CHO) Beef Patty (2 M) (2 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ¾ C Green Beans (9 CHO) 2 oz Turkey Ham (>1 CHO) ½ C Cheesy Mashed Potatoes (26 CHO) 2 oz Graham Cracker (2 WG) (28 CHO)	4 oz Wango Mango Juice (18 CHO) ½ C Fresh Apple(15 CHO) ¾ C Potato Coins (13 CHO) 2.95 oz Turkey Sausage Breakfast Pizza (2 MMA/ 2 WG) (22 CHO) Ketchup Packet (2 CHO)	4oz 100% Juice ¾ C Broccoli (9 CHO) 2.5 oz Pulled Chicken (2 M) (11 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) BBQ Cup (6 CHO)
<b>8 Breakfast Bowl</b>	<b>9 Taco Bites</b>	<b>10 Sweet &amp; Sour Chicken</b>	<b>11 Mini Corn Dogs</b>	<b>12 Sloppy Joe</b>
4oz 100% Juice 1 C Breakfast Potato Wedges (29 CHO) 2.2 oz Scrambled Eggs (2 MMA) (>1 CHO) 1.5 oz Cheese Sauce (2 CHO) 1.57 oz Turkey Sausage Links (1 M) (2E) (0 CHO) Graham Cracker (2WG) (1E) (14CHO)	½ C Applesauce Cup (12 CHO) ½ C Seasoned Pinto Beans (23 CHO) ½ C Carrots (6 CHO) 4.02 oz Taco Bites (2 WG/2 M) (3E) (30 CHO) Taco Packet (1 CHO)	½ C Fresh Fruit ½ C Carrots (6 CHO) ¼ C Peas (4 CHO) 1 C Pineapple Ginger Rice (2 WG) (52 CHO) 3.85 oz Tempura Chicken (2 M) (12 CHO) 2 oz Sweet and Sour Sauce	½ C Fresh Apple(15 CHO) ¾ C Green Beans (9 CHO) Mini Corn Dogs (6E) (30 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4oz 100% Juice ¾ C Broccoli (9 CHO) 2.5 oz Sloppy Joe (2 M) (9 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO)
<b>15 Mozzarella Dippers</b>	<b>16 Chicken Nuggets</b>	<b>17 Meatloaf</b>	<b>18 Turkey Ciabatta</b>	<b>19 Egg &amp; Cheese Muffin</b>
4oz 100% Juice ½ C Broccoli (4 CHO) ½ C Marinara (18 CHO) 4.25 oz Mozzarella Pizza Dippers (2 G/ 2 MMA) (3E) (45 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Baked Beans (29 CHO) 3.35 oz Chicken Nuggets (2 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO)	½ C Fresh Fruit ½ C Mashed Potatoes (28 CHO) 2.45 oz Meatloaf Patty (2M) (4 CHO) 2 oz Seasoned Gravy (9 CHO) 2 oz Chocolate Chip Cookie (2WG) (26 CHO)	¾ C Carrots (9 CHO) ½ C Red Grapes (14 CHO) 1 C Baby Carrots (9 CHO) 1.8 oz Ciabatta (2.25 WG) (29 CHO) 1.5 oz Turkey Breast (1.5 M) (>1 CHO) 0.5 oz Swiss American Cheese (0.5 MMA)(1 CHO) Mustard Packet (0 CHO)	4oz 100% Juice 1 C Potato Wedges (29 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)
<b>22 Chicken &amp; Dirty Rice</b>	<b>23 Coney Dog</b>	<b>24 Biscuits &amp; Gravy</b>	<b>25 Waffles</b>	<b>26 Cheese Quesadilla</b>
4oz 100% Juice ½ C Pinto Beans (23 CHO) ½ C Carrots (6 CHO) 1 C Brown Rice (2 WG) (48 CHO) 2 oz Dirty Rice Sauce 2 oz Seasoned Chicken Thighs (2 M) (>1 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Coney Beans (33 CHO) 2.2 oz Hotdog Bun (2 WG) (21 CHO) 2.3 oz Turkey Frank (2M) (3 CHO) Ketchup Packet (2 CHO)	½ C Craisin (28 CHO) 4 oz Wango Mango Juice (18 CHO) ½ C Breakfast Potatoes 2.2 oz Buttermilk Biscuit (21 CHO) 1.5 Southern Gravy (15 CHO) 2 oz Turkey Sausage Crumbles (1 CHO) (2M)	4oz 100% Juice ¾ C Potato Coins (13 CHO) Waffles (2E) (27 CHO) (2 WG) (2WG) Turkey Sausage Links (0 CHO) (2E) (2 M) Ketchup Packet (2CHO) Syrup Cup (31 CHO)	½ C Fresh Fruit ¾ C Carrots (9 CHO) 4.02 oz Cheese Quesadilla (2 WG/2 M) (3E) (31 CHO) Taco Packet (1 CHO)

*Menu Subject to Change\**

*Served with 1% White, 1% Chocolate or Fat Free Milk\**

**Innovation Foods**

1550 Enterprise Parkway  
Twinsburg, OH 44087 | 440-580-4800  
[www.ifsmeals.com](http://www.ifsmeals.com)

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