

MARCH 2021			K-8TH GRADE LUNCH	
Monday	Tuesday	Wednesday	Thursday	Friday
1 Enchilada Bowl	2 Hamburger	3 Ham & Cheesy Potatoes	4 Sloppy Joe	5 DoubleStuffed Pizza
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) 2.4 oz Beef Patty (2 M) (2 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ½ C Green Beans (6 CHO) 2 oz Turkey Ham (>1 CHO) (2M) ½ C Cheesy Mashed Potatoes (26 CHO) 2 oz WG Graham Cracker (2 WG) (28 CHO)	4oz 100% Juice ¾ C Broccoli (9 CHO) 2.5 oz Sloppy Joe (2 M) (9 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	½ C Fresh Apple(15 CHO) ¾ C Corn (14 CHO) 2.95 oz WG Double Stuffed Pizza (2 MMA/ 2 WG) (22 CHO) Ketchup Packet (2 CHO)
8 Breakfast Bowl	9 Taco Bites	10 Sweet & Sour Chicken	11 Mini Corn Dogs	12 Bosco Sticks
4oz 100% Juice ¾ C Breakfast Potato Wedges (21 CHO) 1.7 oz Scrambled Eggs (1.5MMA) (>1 CHO) 1.5 oz Cheese Sauce (2 CHO) 1.57 oz Turkey Sausage Links (1 M) (2E) (0 CHO) 2.4 WG Bug Bite Cracker (2WG) (14CHO)	½ C Applesauce Cup (12 CHO) ¾ C Queso Pinto Beans (34 CHO) 4.02 oz Taco Bites (2 WG/2 M) (3E) (30 CHO) Taco Packet (1 CHO)	½ C Fresh Fruit ¾ C Carrots(11 CHO) 1 C Pineapple Ginger Stir Fry Rice (2 WG) (52 CHO) 3.85 oz Tempura Chicken (2 M) (12 CHO) 2 oz Sweet and Sour Sauce (8 CHO)	4oz 100% Juice ½ C Fresh Apple(15 CHO) ¾ C Green Beans (12 CHO) 3.8 oz WG Mini Corn Dogs (6E) (30 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4oz 100% Juice ¾ C Broccoli (12 CHO) 3.3 oz Bosco Sticks (2E) (28 CH) (2 E) (2 WG/1 MMA) Marinara Cup (4 CHO)
15 BBQ Chicken Legs	16 Chicken Nuggets	17 Biscuits & Gravy	18 Turkey Sandwich	19 Mozzarella Dippers
4oz 100% Juice ¾ C Green Beans (12 CHO) 3.85 oz BBQ Chicken Legs (2 E) (2 M) (14 CHO) 2 oz WG Mini Cornbread Loaf (2 WG) )(28 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Baked Beans (42 CHO) 3.35 oz WG Breaded Chicken Nuggets (1 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO) Baked WG Pretzel Twists (1 WG) (11 CHO)	½ C Fresh Fruit 4 oz Wango Mango Juice (18 CHO) ½ C Breakfast Potatoes (29 CHO) 2.2 oz WG Buttermilk Biscuit (2WG) (22 CHO) 1.5 Southern Gravy (15 CHO) 2 oz Turkey Sausage Crumbles (1 CHO) (2M)	½ C Red Grapes (14 CHO) 1 C Baby Carrots (9 CHO) 2.24 oz Pullman Bread (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 ½ C Broccoli (4 CHO) ¾ C Marinara (9CHO) 4.25 oz Mozzarella Pizza Dippers (2 G/ 2 MMA) (3E) (45 CHO)
22 Pulled Chicken Sandwich	23 Coney Dog	24 Meatloaf	25 Waffles	26 Cheese Quesadilla
4oz 100% Juice ¾ C Green Beans (12 CHO) 2.5 oz Pulled Chicken (2 M) (6 CHO) 1.8 oz WG Ciabatta (2.25 WG) (29 CHO) BBQ Cup (15 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Coney Beans (31 CHO) 2.2 oz WG Hotdog Bun (2 WG) (21 CHO) 2.3 oz Turkey Frank (2M) (3 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ¾ C Broccoli (6 CHO) ½ C Mashed Potatoes (28 CHO) ½ C Peas and Carrots (9 CHO) 2.45 oz Meatloaf Patty (2M) (4 CHO) 2 oz Seasoned Gravy (9 CHO) 2.1 oz WG Chocolate Chip Cookie (2WG) (26 CHO)	4oz 100% Juice ½ C Fresh Apple(15 CHO) ¾ C Breakfast Potatoes (17 CHO) 2.02 oz WG Waffles (2E) (27 CHO) (2 WG) Turkey Sausage Links (0 CHO) (2E) (2 M) Ketchup Packet (2CHO) Syrup Cup (31 CHO)	4oz 100% Juice 1 C Carrots (12 CHO) 2.5 oz Pulled Chicken (2 M) (11 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) BBQ Cup (6 CHO)
29 Enchilada Bowl	30 Hamburger	31 Ham & Cheesy Potatoes	<b>Menu Subject to Change*</b> <i>Served with 1% White, 1% Chocolate or Fat Free Milk*</i> <b>Innovation Foods</b> 1550 Enterprise Parkway Twinsburg, OH 44087 I 440-580-4800 <a href="http://www.ifsmeals.com">www.ifsmeals.com</a> This institution is an equal opportunity provider.	
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) 2.4 oz Beef Patty (2 M) (2 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ½ C Green Beans (6 CHO) 2 oz Turkey Ham (>1 CHO) (2M) ½ C Cheesy Mashed Potatoes (26 CHO) 2 oz WG Graham Cracker (2 WG) (28 CHO)		