

K-8TH GRADE LUNCH MENU

APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Pancakes	2 Sloppy Joe	3 Chicken Nuggets	4 Mac N' Cheese
<p><i>Menu Subject to Change*</i> <i>Served with 1% White Milk, 1% Chocolate Milk or Fat Free Milk*</i> Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 330.997.5000 www.wifameals.com This institution is an equal opportunity provider.</p>			4oz 100% Juice ¼ C Tater Tots (18 CHO) 2.55 oz Pancakes (2 WG) (28 CHO) 2.34 Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)	½ C Fresh Apple (15 CHO) ¼ C Broccoli (6 CHO) 2.5 oz Sloppy Joe (2 M) (9 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	½ C Fresh Orange (21 CHO) ¼ C Mixed Vegetables (9 CHO) 3.35 oz WG Breaded Chicken Nuggets (1W G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO) Baked WG Pretzel Twists (1 WG) (11 CHO)	½ C Fresh Apple (15 CHO) ¼ C Peas (9 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 2 oz Cheddar Cheese (2 MMA) (3 CHO)
5 Breakfast Bowl	6 Taco Bites	7 Orange Chicken	8 Mini Corn Dogs	9 Pulled Chicken Sandwich	10 Chicken Patty	11 Pasta Marinara
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 Graham Cracker (2WG) (14CHO)	½ C Applesauce Cup (12 CHO) ¾ C Queso 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 Stir Fry Rice (2 WG) (57 CHO) 3.85 oz Tempura Chicken (2 M) (12 CHO) 2 oz Orange Sauce (15 CHO)	4oz 100% Juice ¾ C Green Beans (12 CHO) Mini Chicken Corn Dogs (6 E) (2M/2WG) (30 CHO) Ketchup Packet (2 CHO)	½ C Fresh Apple (15 CHO) ¼ C Broccoli (6 CHO) 2.5 oz Braised Chicken Breast (2 M) (6 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) BBQ Cup (15 CHO)	½ C Fresh Orange (21 CHO) ¼ C Mixed Vegetables (9 CHO) 2.4 oz Chicken Patty (2 M) (2 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Apple (15 CHO) ¼ C Green Beans ¾ C Pasta (2 G) (36 CHO) 3 oz Marinara (16 CHO) 2.25 oz Braised Chicken (2M) (3 CHO)
12 BBQ Chicken Legs	13 Chicken Nuggets	14 Biscuits & Gravy	15 Mozzarella Dippers	16 Turkey Ciabatta	17 French Toast	18 Breakfast Pizza
4oz 100% Juice ¾ C Cheesy Broccoli (8 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 WG/ 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)	4oz 100% Juice ½ C Pizza Green Beans (9 CHO) ¼ C Marinara (9CHO) 4.25 oz Mozzarella Pizza Dippers (2 G/ 2 MMA) (3E) (45 CHO)	½ C Red Grapes (14 CHO) 1 C Baby Carrots (9 CHO) 1.8 oz WG 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)	½ C Fresh Orange (21 CHO) ¾ C Tater Tots (18 CHO) French Toast Sticks (3E) (2 G/2 MMA) (35 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)	½ C Fresh Apple (15 CHO) ¾ C Tater Tots (18 CHO) Turkey Sausage Breakfast Pizza (27 CHO) (2 WG/2 M) Ketchup Packet (2 CHO)
19 Cheese Quesadilla	20 Coney Dog	21 Hamburger	22 Bosco Sticks	23 Southwest Chicken Sandwich	24 Chicken Nuggets	25 Mac N Cheese
4oz 100% Juice 1 C Carrots (12 CHO) 4.02 oz Cheese Quesadilla (2 MMA/ 2WG) (31 CHO) Taoc Packet (1 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 ½ C Mixed Vegetables (5 CHO) ½ C Seasoned French Fries (28 CHO) 3.1 oz Beef Patty (2 M) (2 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	4oz 100% Juice ¾ C Broccoli (6 CHO) 3.3 oz Bosco Sticks (2E) (28 CH) (2 E) (2 WG/1 MMA) Marinara Cup (4 CHO)	½ C Fresh Apple (15 CHO) ¼ C Confetti Corn (17 CHO) 2.4 oz Pulled Chicken with Monterey Jack Cheese (1.75 M/ 0.25 MMA) (9 CHO) WG Ciabatta (2.25 WG) (29 CHO)	4oz 100% Juice ¼ C Mixed Vegetables (9 CHO) 3.35 oz WG Breaded Chicken Nuggets (1W G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO) Baked WG Pretzel Twists (1 WG) (11 CHO)	½ C Fresh Apple (15 CHO) ¼ C Peas (9 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 2 oz Cheddar Cheese (2 MMA) (3 CHO)

26 Enchilada Bowl	27 DoubleStuffed Pizza	28 Pasta Marinara	29 Pancakes	30 Sloppy Joe		
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 Broccoli (6 CHO) 2.95 oz WG Double Stuffed Pizza (2 MMA/ 2 WG) (22 CHO)	½ C Fresh Fruit ¾ C Green Beans ¾ C Pasta (2 G) (36 CHO) 3 oz Marinara (16 CHO) 2.25 oz Braised Chicken (2M) (3 CHO)	4oz 100% Juice ¾ C Tater Tots (18 CHO) 2.55 oz Pancakes (2 WG) (28 CHO) 2.34 Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)	½ C Fresh Apple (15 CHO) ¾ C Carrots (14 CHO) 2.5 oz Sloppy Joe (2 M) (9 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)		