

**K-8TH GRADE LUNCH MENU**

**MAY 2021**

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| <b>3 Breakfast Sandwich</b>   | <b>4 Taco Bites</b>  | <b>5 Orange Chicken</b>  | <b>6 Mini Corn Dogs</b>   | <b>7 BBQ Chicken Sandwich</b>  |
| 4oz 100% Juice<br>¾ C Tater Tots (21 CHO)<br>1.5 oz Egg Patty (1.5MMA)<br>(>1 CHO)<br>0.5 oz American Cheese (>1 CHO) (0.5 MMA)<br>2.25 oz English Muffin (2 G) (25 CHO)<br>Ketchup Packet (2 CHO)              | ½ C Applesauce Cup (12 CHO)<br>¾ C Queso Beans (34 CHO)<br>4.02 oz Taco Bites (2 WG/2 M) (3E) (30 CHO)<br>Taco Packet (1 CHO)  | ½ C Fresh Fruit<br>¾ C Carrots(11 CHO)<br>1 C Stir Fry Rice (2 WG) (57 CHO)<br>3.85 oz Tempura Chicken (2 M) (12 CHO)<br>2 oz Orange Sauce (15 CHO)  | 4oz 100% Juice<br>¾ C Green Beans (12 CHO)<br>Mini Chicken Corn Dogs (6 E) (2M/2WG) (30 CHO)<br>Ketchup Packet (2 CHO)  | ½ C Fresh Apple(15 CHO)<br>¾ C Broccoli (6 CHO)<br>2.5 oz BBQ Braised Chicken Breast (2 M) (6 CHO)<br>2.4 oz WG Hamburger Bun (2 WG) (19 CHO)  |
| <b>10 Chicken Legs</b>  | <b>11 Chicken Nuggets</b>  | <b>12 Mac N' Cheese</b>  | <b>13 Mozzarella Dippers</b>  | <b>14 Turkey Ciabatta</b>  |
| 4oz 100% Juice<br>¾ C Corn (18 CHO)<br>3.85 oz BBQ Chicken Legs (2 E) (2 M) (14 CHO)<br>2 oz WG Mini Cornbread Loaf (2 WG) (28 CHO)   | ½ C Applesauce Cup (12 CHO)<br>¾ C Baked Beans (42 CHO)<br>3.35 oz WG Breaded Chicken Nuggets (1 WG/ 2 M) (5 E) (14 CHO)<br>BBQ Packet (2 CHO)<br>Baked WG Pretzel Twists (1 WG) (11 CHO)  | ½ C Fresh Fruit<br>¾ C Broccoli (6 CHO)<br>1 C Cheesy Elbow Pasta (2 G) (43 CHO)<br>2 oz Cheddar Cheese (2 MMA) (3 CHO)  | 4oz 100% Juice<br>½ C Pizza Green Beans (9 CHO)<br>¼ C Marinara (9CHO)<br>4.25 oz Mozzarella Pizza Dippers (2 G/ 2 MMA) (3E) (45 CHO)   | ½ C Red Grapes (14 CHO)<br>1 C Baby Carrots (9 CHO)<br>1.8 oz WG Ciabatta (2.25 WG) (29 CHO)<br>1.5 oz Turkey Breast (1.5 M) (>1 CHO)<br>0.5 oz Swiss American Cheese (0.5 MMA)(1 CHO)<br>Mustard Packet (0 CHO) |
| <b>17 Cheese Quesadilla</b>   | <b>18 Coney Dog</b>  | <b>19 Hamburger</b>  | <b>20 Bosco Sticks</b>  | <b>21 Southwest Chicken Sandwich</b>   |
| 4oz 100% Juice<br>1 C Carrots (12 CHO)<br>4.02 oz Cheese Quesadilla (2 MMA/ 2WG) (31 CHO)<br>Taco Packet (1 CHO)  | ½ C Applesauce Cup (12 CHO)<br>¾ C Coney Beans (31 CHO)<br>2.2 oz WG Hotdog Bun (2 WG) (21 CHO)<br>2.3 oz Turkey Frank (2M) (3 CHO)<br>Ketchup Packet (2 CHO)  | ½ C Fresh Fruit<br>½ C Mixed Vegetables (5 CHO)<br>½ C Seasoned French Fries (28 CHO)<br>3.1 oz Beef Patty (2 M) (2 CHO)<br>2.4 oz Hamburger Bun (2 WG) (19 CHO)<br>Ketchup Packet (2 CHO) | 4oz 100% Juice<br>¾ C Broccoli (6 CHO)<br>3.3 oz Bosco Sticks (2E) (28 CH) (2 E) (2 WG/1 MMA)<br>Marinara Cup (4 CHO)   | ½ C Fresh Apple (15 CHO)<br>¾ C Confetti Corn (17 CHO)<br>2.4 oz Pulled Chicken with Monterey Jack Cheese (1.75 M/ 0.25 MMA) (9 CHO)<br>WG Ciabatta (2.25 WG) (29 CHO)   |
| <b>24 Chicken Tenders</b>   | <b>25 Double Stuffed Pizza</b>   | <b>26 Pasta Marinara</b>   | <b>27 Pancakes</b>  | <b>28 Sloppy Joe</b>   |
| 4oz 100% Juice<br>¾ C Baked Beans (42 CHO)<br>3.35 oz WG Breaded Chicken Tenders (2 WG/ 2 M) (3 E) (18 CHO)<br>BBQ Packet (2 CHO)   | ½ C Applesauce Cup (12 CHO)<br>¾ C Broccoli (6 CHO)<br>2.95 oz WG Double Stuffed Pizza (2 MMA/ 2 WG) (22 CHO)  | ½ C Fresh Fruit<br>¾ C Green Beans<br>¾ C Pasta (2 G) (36 CHO)<br>3 oz Marinara (16 CHO)<br>2.25 oz Seasoned Beef (2M) (3 CHO)   | 4oz 100% Juice<br>¾ C Tater Tots (18 CHO)<br>2.55 oz Pancakes (2 WG) (28 CHO)<br>2.34 Turkey Sausage Links (2 M) (2E) (0 CHO)<br>Ketchup Packet (2 CHO)<br>Syrup Cup (31 CHO) | ½ C Fresh Apple (15 CHO)<br>¾ C Carrots (14 CHO)<br>2.5 oz Sloppy Joe (2 M) (9 CHO)<br>2.4 oz WG Hamburger Bun (2 WG) (19 CHO)   |
| <b>31 Breakfast Sandwich</b>  | <p><i>Menu Subject to Change*</i><br/>Served with 1% White Milk, 1% Chocolate Milk or Fat Free Milk*</p> <p><b>Innovation Foods</b><br/>1550 Enterprise Parkway<br/>Twinsburg, OH 44087   740.349.4100<br/><a href="http://www.ifsmenu.com">www.ifsmenu.com</a><br/>This institution is an equal opportunity provider.</p> |  |   |  |
| 4oz 100% Juice<br>¾ C Breakfast Potato Wedges (21 CHO)<br>1.5 oz Egg Patty (1.5MMA)<br>(>1 CHO)<br>0.5 oz American Cheese (>1 CHO) (0.5 MMA)<br>2.25 oz English Muffin (2 G) (25 CHO)<br>Ketchup Packet (2 CHO) |  |  |   |  |