

AUGUST 2020			K-8TH GRADE LUNCH	
<b>2 Cheeseburger</b>	<b>3 Chicken Nuggets</b>	<b>4 Sloppy Joe</b>	<b>5 Breakfast Sandwich</b>	<b>6 Double Stuffed Breadstick</b>
<p><math>\frac{1}{2}</math> C Applesauce Cup (12 CHO)  <math>\frac{3}{4}</math> C Broccoli (8 CHO)  2.02 oz Beef Patty (13 CHO) (1.5M)  0.5 oz American Cheese (&gt;1 CHO) (0.5 MMA)  2.4 oz Hamburger Bun (25 CHO) (2 WG)  Ketchup Packet (2 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Orange (23 CHO)  <math>\frac{3}{4}</math> C Baked Beans (42 CHO)  3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)  BBQ Packet (4 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Apple (21 CHO)  <math>\frac{3}{4}</math> C Carrots (18 CHO)  2.5 oz Sloppy Joe (9 CHO) (2 M)  2.4 oz WG Hamburger Bun (2 WG) (19 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Banana (23 CHO)  <math>\frac{3}{4}</math> C Tater Tots (24 CHO)  1.5 oz Egg Patty (&gt;1 CHO) (1.5MMA)  0.5 oz American Cheese (&gt;1 CHO) (0.5 MMA)  2.25 oz English Muffin (25 CHO) (2 WG)  Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice*  <math>\frac{3}{4}</math> C Pizza Green Beans (9 CHO)  4.28 oz Double Stuffed Breadstick (2 MMA/ 2 WG) (32 CHO)  Marinara Cup (4 CHO)</p>
<b>9 Chicken Patty</b>	<b>10 Cheese Quesadilla</b>	<b>11 Man N' Cheese</b>	<b>12 Bosco Sticks</b>	<b>13 Waffles &amp; Sausage</b>
<p><math>\frac{1}{2}</math> C Applesauce Cup (12 CHO)  <math>\frac{3}{4}</math> C Broccoli (8 CHO)  3.98 oz Chicken Patty (14 CHO) (2M / 1 WG)  2.4 oz Hamburger Bun (25 CHO) (2 WG)  Ketchup Packet (2 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Orange (23 CHO)  <math>\frac{3}{4}</math> C Queso Pinto Beans (43 CHO)  4.02 oz Cheese Quesadilla (31 CHO) (2 WG/2 MMA)  Taco Packet (2CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Apple (21 CHO)  <math>\frac{3}{4}</math> C Carrots (18 CHO)  1 C Cheesy Elbow Pasta (2 G) (43 CHO)  3.2 oz Cheddar Cheese Sauce (2 MMA) (3 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Banana (23 CHO)  <math>\frac{1}{2}</math> C Green Beans (8 CHO)  3.98 oz Bosco Sticks (2E) (28 CHO) (2 E) (2 WG/2 MMA)  Marinara Cup (4 CHO) (2 CHO)</p>	<p>4 oz 100% Juice*  <math>\frac{3}{4}</math> C Breakfast Potatoes (24 CHO)  2.34 oz WG Waffles (27 CHO)  2 oz Turkey Sausage Patty (&gt;1 CHO) (2 M)  Syrup Cup (31 CHO)  Ketchup Packet (2 CHO)</p>
<b>16 Walking Taco</b>	<b>17 Corn Dogs</b>	<b>18 Pulled Chicken Sandwich</b>	<b>19 Sausage Biscuit</b>	<b>20 Turkey Sausage Breakfast Pizza</b>
<p><math>\frac{1}{2}</math> C Applesauce Cup (12 CHO)  <math>\frac{1}{2}</math> C Carrots (6 CHO)  <math>\frac{1}{2}</math> C Street Corn (18 CHO)  0.5oz Cheddar Cheese (&gt;1 CHO) (0.5 MMA)  1.5 Taco Beef (2 CHO) (1.5 M)  Taco Sauce Packet (1 CHO)  1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)</p>	<p><math>\frac{1}{2}</math> C Fresh Orange (23 CHO)  <math>\frac{3}{4}</math> C Baked Beans (28 CHO)  <math>\frac{1}{2}</math> C Green Beans (6 CHO)  3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M)  Ketchup Packet (2 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Apple (21 CHO)  <math>\frac{3}{4}</math> C Brown Sugar Carrots (28 CHO)  3 oz Braised Shredded Chicken (11 CHO)  2.1 oz WG Bun (17 CHO) (2 WG)</p>	<p><math>\frac{1}{2}</math> C Fresh Banana (23 CHO)  <math>\frac{3}{4}</math> C Broccoli (8 CHO)  2.2 oz Southern Style Buttermilk Biscuit (28 CHO) (2 WG)  3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2 M)  Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice*  <math>\frac{3}{4}</math> C Tater Tots (24 CHO)  4.38 oz Turkey Sausage Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA)</p>
<b>23 French Toast</b>	<b>24 Cheese Pizza</b>	<b>25 BBQ Chicken Legs</b>	<b>26 Taco Bites</b>	<b>27 Turkey Sandwich</b>
<p><math>\frac{1}{2}</math> C Applesauce Cup (12 CHO)  <math>\frac{3}{4}</math> C Tater Tots (24 CHO)  2.9 oz WG French Toast Sticks (27 CHO) (2WG/ 1 MMA)  Strawberry Yogurt Cup (14 CHO) (1 MMA)  Syrup Cup (31 CHO)  Ketchup Packet (2 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Orange (23 CHO)  <math>\frac{3}{4}</math> C Carrots (18 CHO)  3.1 oz Stuffed Cheese Pizza (39 CHO) (2 MMA/ 2 WG)</p>	<p><math>\frac{1}{2}</math> C Fresh Apple (21 CHO)  <math>\frac{3}{4}</math> C Broccoli (8 CHO)  <math>\frac{1}{2}</math> C Brown Rice Pilaf (29 CHO) (1 WG)  4.02 oz BBQ Chicken Legs (2E) (14 CHO) (2 E)  1.3 oz WG Cornbread (14 CHO) (1 WG)</p>	<p><math>\frac{1}{2}</math> C Fresh Banana (23 CHO)  <math>\frac{3}{4}</math> C Taco Beans (39 CHO)  Taco Bites (20 CHO) (2 WG/2 MMA)  Taco Packet (2 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Fruit Salad*  4 oz Wango Mango Juice (14 CHO)  2.4 oz WG Pullman Bread (2 WG) (22 CHO)  1.5 oz Turkey Breast (&gt;1 CHO) (1.5 M)  0.5 oz American Cheese (1 CHO) (0.5 MMA)  Mayo Packet (0 CHO)</p>
<b>30 Cheeseburger</b>	<b>31 Chicken Nuggets</b>	<p><i>Served With Milk*</i>  <i>Menu Subject to Change*</i></p> <p><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.</p>		
<p><math>\frac{1}{2}</math> C Applesauce Cup (12 CHO)  <math>\frac{3}{4}</math> C Broccoli (8 CHO)  2.02 oz Beef Patty (13 CHO) (1.5M)  0.5 oz American Cheese (&gt;1 CHO) (0.5 MMA)  Hamburger Bun (25 CHO) (2 WG)  Ketchup Packet (2 CHO)</p>	<p><math>\frac{1}{2}</math> C Fresh Orange (23 CHO)  <math>\frac{3}{4}</math> C Baked Beans (28 CHO)  3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)  BBQ Packet (4 CHO)</p>			

**AUGUST 2020**

**COLD AND HOT MENU - 9-12TH GRADE LUNCH**

2 Cheeseburger	3 Southwest Taco	4 Sloppy Joe	5 Loaded Potato Salad	6 Double Stuffed Breadstick
4 oz 100% Juice* ½ C Applesauce Cup (12 CHO) 1 C Broccoli (11 CHO) 2.02 oz Beef Patty (13 CHO) (1.5M) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) 2.4 oz Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice* ½ C Fresh Orange (23 CHO) 1 C Fiesta Bean Salad (39 CHO) 2 oz Shredded Taco Chicken (2 CHO) (2 M) 0.25 oz Monterey Jack Cheese (>1 CHO) (.25 MMA) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)	4 oz 100% Juice* ½ C Fresh Apple (21 CHO) 1 C Carrots (24 CHO) 2.5 oz Sloppy Joe (9 CHO) (2 M) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	4 oz 100% Juice* ½ C Fresh Banana (23 CHO) ½ C Baby Carrots (9 CHO) ¾ C Creamy Ranch Potato Salad (39 CHO) 1 oz Shredded Cheddar Cheese (>1 CHO) (1 MMA) 1 oz Diced Turkey Ham (1 CHO) (1 M) 2 oz Chocolate Snack Grahams (25 CHO) (2 WG)	4 oz 100% Juice* ½ C Fresh Fruit 1 C Pizza Green Beans (12 CHO) 4.28 oz Double Stuffed Breadstick (2 MMA/ 2 WG) (32 CHO) Marinara Cup (4 CHO)
9 Chicken Patty	10 Chicken Salad	11 Man N' Cheese	12 Chef Salad	13 Waffles & Sausage
4 oz 100% Juice ½ C Applesauce Cup (12 CHO) 1 C Broccoli (11 CHO) 3.98 oz Chicken Patty (14 CHO) (2M / 1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice ½ C Fresh Fruit Salad* 1 C Celery Chips (3 CHO) 3.3 oz Chicken Salad (8 CHO) (2 M) 2.4 oz Pita Round (31 CHO) (2 WG)	4 oz 100% Juice ½ C Fresh Apple (21 CHO) ½ C BBQ Beans (21 CHO) ¾ C Green Beans (8 CHO) Cheesy Elbow Pasta (2 G) (43 CHO) 3.2 oz Cheddar Cheese Sauce (2 MMA) (3 CHO)	4 oz 100% Juice ½ C Fresh Banana (23 CHO) 1 C Baby Carrots (18 CHO) ½ C Red Pepper ¾ C Chopped Romaine Lettuce (2 CHO) 1.5 oz Chopped Chicken (1 CHO) (1.5 MMA) 0.5 oz Mozzarella Cheese (>1 CHO) (0.5 MMA) 1.5 oz Croutons (12 CHO) (1 WG) 0.5 oz Chocolate Chip Cookie (8 CHO) (1 WG) Ranch Packet (2 CHO)	4 oz 100% Juice* ½ C Fresh Fruit 1 C Breakfast Potatoes (32 CHO) 2.34 oz WG Waffles (27 CHO) 2 oz Turkey Sausage Patty (>1 CHO) (2 M) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)
16 Mini Corn Dogs	17 Walking Taco	18 Pulled Chicken Sandwich	19 Italian Pasta Salad	20 Breakfast Pizza
4 oz 100% Juice ½ C Applesauce Cup (12 CHO) <b>1 C Green Beans (12 CHO)</b> 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4 oz 100% Juice ½ C Fresh Orange (23 CHO) ½ C Carrots (9 CHO) ½ C Street Corn (18 CHO) 0.5oz Cheddar Cheese (>1 CHO) (0.5 MMA) 1.5 Taco Beef (2 CHO) (1.5 M) Taco Sauce Packet (1 CHO) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)	4 oz 100% Juice ½ C Fresh Apple (21 CHO) ¾ C Brown Sugar Carrots (28 CHO) 3 oz Braised Shredded Chicken (11 CHO) 2.1 oz WG Bun (17 CHO) (2 WG)	4 oz 100% Juice ½ C Fresh Banana (23 CHO) ¾ C Fresh Broccoli Cuts (8 CHO) ½ C Hummus Cup (7 CHO) <b>1 C Italian Pasta Salad (32 CHO) (2 WG)</b> <b>1 oz Provolone Mozzarella (1 CHO) (1 MMA)</b> <b>1 oz Cheddar Cheese (&gt;1 CHO) (1 MMA)</b>	4 oz 100% Juice* ½ C Fresh Fruit 1 C Tater Tots (32 CHO) 4.38 oz Turkey Sausage Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA)
23 Cheese Pizza	24 Turkey Sandwich	25 BBQ Chicken Legs	26 Loaded Potato Salad	27 Taco Bites
4 oz 100% Juice ½ C Applesauce Cup (12 CHO) 1 C Green Beans (12 CHO) 3.1 oz Stuffed Cheese Pizza (39 CHO) (2 MMA/ 2 WG)	4 oz 100% Juice ½ C Fresh Fruit* 1 C Grape Tomatoes (4 CHO) 2.4 oz WG Pullman Bread (2 WG) (22 CHO) 1.5 oz Turkey Breast (>1 CHO) (1.5 M) 0.5 oz American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (2 CHO)	4 oz 100% Juice ½ C Fresh Apple (21 CHO) <b>1 C Broccoli (11 CHO)</b> ½ C Brown Rice Pilaf (29 CHO) (1 WG) 4.02 oz BBQ Chicken Legs (2E) (14 CHO) (2 E) 1.3 oz WG Cornbread (14 CHO) (1 WG)	½ C 100% Juice ½ C Fresh Banana (23 CHO) ½ C Baby Carrots (11 CHO) ¾ C Creamy Ranch Potato Salad (39 CHO) 1 oz Shredded Cheddar Cheese (>1 CHO) (1 MMA) 1 oz Diced Turkey Ham (1 CHO) (1 M) 2 oz Chocolate Snack Grahams (25 CHO) (2 WG)	4 oz 100% Juice ½ C Fresh Banana (23 CHO) 1 C Taco Beans (49 CHO) Taco Bites (20 CHO) (2 WG/2 MMA) Taco Packet (2 CHO)
30 Cheeseburger	31 Southwest Taco	<i>Served With Milk*</i> <i>Menu Subject to Change*</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.		
4 oz 100% Juice ½ C Applesauce Cup (12 CHO) <b>¾ C Broccoli (8 CHO)</b> 2.02 oz Beef Patty (13 CHO) (1.5M) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice ½ C Fresh Orange (23 CHO) 1 C Fiesta Bean Salad (39 CHO) 2 oz Shredded Taco Chicken (2 CHO) (2 M) 0.25 oz Monterey Jack Cheese (>1 CHO) (.25 MMA) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)			