

| OCTOBER 2021   |   |   |   | K-8TH GRADE LUNCH  |
|--|---|---|---|--|
| <p><i>Served With Milk*</i><br/><i>Menu Subject to Change*</i></p> <p><b>Innovation Foods</b><br/>1550 Enterprise Parkway<br/>Twinsburg, OH 44087   440-580-4800<br/><a href="http://www.ifsmeals.com">www.ifsmeals.com</a><br/>This institution is an equal opportunity provider.</p> |   |   |   | <p>1 Double Stuffed Breadstick</p> <p>4 oz 100% Juice*<br/>¼ C Pizza Green Beans (9 CHO)<br/>4.28 oz Double Stuffed Breadstick (2 MMA/ 2 WG) (32 CHO)<br/>Marinara Cup (4 CHO)</p>                               |
| 4 Chicken Patty  | 5 Cheese Quesadilla   | 6 Man N' Cheese   | 7 Bosco Sticks  | 8 Waffles & Sausage  |
| ½ C Applesauce Cup (12 CHO)<br>¼ C Broccoli (8 CHO)<br>3.98 oz Chicken Patty (14 CHO) (2M / 1 WG)<br>2.4 oz Hamburger Bun (25 CHO) (2 WG)<br>Ketchup Packet (2 CHO)  | ½ C Fresh Orange (23 CHO)<br>¼ C Queso Pinto Beans (43 CHO)<br>4.02 oz Cheese Quesadilla (31 CHO) (2 WG/2 MMA)<br>Taco Packet (2CHO)  | 4 oz 100% Juice*<br>¼ C Carrots (18 CHO)<br>1 C Cheesy Elbow Pasta (2 G) (43 CHO)<br>3.2 oz Cheddar Cheese Sauce (1 MMA) (3 CHO)<br>1 oz Cheddar Cheese<br>Cheddar Cheese (0 CHO) | ½ C Fresh Banana (23 CHO)<br>¼ C Green Beans (8 CHO)<br>3.98 oz Bosco Sticks (2E) (28 CHO) (2 E) (2 WG/2 MMA)<br>Marinara Cup (4 CHO) (2 CHO)   | 4 oz 100% Juice*<br>¼ C Breakfast Potatoes (24 CHO)<br>2.34 oz WG Waffles (27 CHO)<br>2 oz Turkey Sausage Patty (>1 CHO) (2 M)<br>Syrup Cup (31 CHO)<br>Ketchup Packet (2 CHO)                                   |
| 11 Walking Taco  | 12 Corn Dogs  | 13 Pulled Chicken Sandwich  | 14 Sausage & Biscuits   | 15 Turkey Sausage Breakfast Pizza  |
| ½ C Applesauce Cup (12 CHO)<br>¼ C Carrots (6 CHO)<br>½ C Street Corn (18 CHO)<br>0.5oz Cheddar Cheese (>1 CHO) (0.5 MMA)<br>1.5 Taco Beef (2 CHO) (1.5 M)<br>Taco Sauce Packet (1 CHO)<br>1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)  | ½ C Fresh Orange (23 CHO)<br>¼ C Baked Beans (28 CHO)<br>¼ C Green Beans (6 CHO)<br>3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M)<br>Ketchup Packet (2 CHO) | 4 oz 100% Juice*<br>¼ C Brown Sugar Carrots (28 CHO)<br>3 oz Braised Shredded Chicken (11 CHO)<br>2.1 oz WG Bun (17 CHO) (2 WG)   | ½ C Fresh Banana (23 CHO)<br>¼ C Broccoli (8 CHO)<br>2.2 oz Southern Style Buttermilk Biscuit (28 CHO) (2 WG)<br>3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2 M)<br>Ketchup Packet (2 CHO)            | 4 oz 100% Juice*<br>¼ C Tater Tots (24 CHO)<br>2.2 oz Turkey Sausage Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA)   |
| 18 French Toast  | 19 Cheese Pizza   | 20 BBQ Chicken  | 21 Taco Bites   | 22 Turkey Sandwich   |
| ½ C Applesauce Cup (12 CHO)<br>¼ C Tater Tots (32 CHO)<br>2.9 oz WG French Toast Sticks (27 CHO) (2WG/ 1 MMA)<br>Strawberry Yogurt Cup (14 CHO) (1 MMA)<br>Syrup Cup (31 CHO)<br>Ketchup Packet (2 CHO)  | ½ C Fresh Orange (23 CHO)<br>¼ C Carrots (18 CHO)<br>3.1 oz Stuffed Cheese Pizza (39 CHO) (2 MMA/ 2 WG)   | 4 oz 100% Juice*<br>¼ C Broccoli (8 CHO)<br>¼ C Brown Rice Pilaf (29 CHO) (1 WG)<br>4.02 oz BBQ Chicken Legs (2E) (14 CHO) (2 E)<br>1.3 oz WG Cornbread (14 CHO) (1 WG)           | ½ C Fresh Banana (23 CHO)<br>¼ C Taco Beans (39 CHO)<br>Taco Bites (20 CHO) (2 WG/2 MMA)<br>Taco Packet (2 CHO)   | ½ C Fresh Fruit Salad*<br>4 oz Wango Mango Juice (14 CHO)<br>2.4 oz WG Pullman Bread (2 WG) (22 CHO)<br>1.5 oz Turkey Breast (>1 CHO) (1.5 M)<br>0.5 oz American Cheese (1 CHO) (0.5 MMA)<br>Mayo Packet (0 CHO) |
| 25 Cheeseburger  | 26 Chicken Nuggets  | 27 Sloppy Joe   | 28 Breakfast Sandwich   | 29 Double Stuffed Breadstick   |
| ½ C Applesauce Cup (12 CHO)<br>¼ C Broccoli (8 CHO)<br>2.02 oz Beef Patty (13 CHO) (1.5M)<br>0.5 oz American Cheese (>1 CHO) (0.5 MMA)<br>Hamburger Bun (25 CHO) (2 WG)<br>Ketchup Packet (2 CHO)  | ½ C Fresh Orange (23 CHO)<br>¼ C Baked Beans (28 CHO)<br>3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)<br>BBQ Packet (4 CHO)   | 4 oz 100% Juice*<br>¼ C Carrots (18 CHO)<br>2.5 oz Sloppy Joe (9 CHO) (2 M)<br>2.4 oz WG Hamburger Bun (2 WG) (19 CHO)  | ½ C Fresh Banana (23 CHO)<br>¼ C Tater Tots (24 CHO)<br>1.5 oz Egg Patty (>1 CHO) (1.5MMA)<br>0.5 oz American Cheese (>1 CHO) (0.5 MMA)<br>2.25 oz English Muffin (25 CHO) (2 WG)<br>Ketchup Packet (2 CHO) | 4 oz 100% Juice*<br>¼ C Pizza Green Beans (9 CHO)<br>4.28 oz Double Stuffed Breadstick (2 MMA/ 2 WG) (32 CHO)<br>Marinara Cup (4 CHO)  |