

NOVEMBER 2021 K-8TH GRADE LUNCH				
1 Chicken Patty	2 Sausage Biscuit	3 Mac 'N' Cheese	4 Mini Corn Dogs	5 Waffles & Sausage
½ C Applesauce Cup (12 CHO) ¾ 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)	½ C Fresh Orange (23 CHO) ¾ C Baked Beans (43 CHO) 2.2 oz Southern Style Buttermilk Biscuit (28 CHO) (2 WG) 3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2 M)	4 oz 100% Juice* 1 C Carrots (24 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 3.2 oz Cheddar Cheese Sauce (1 MMA) (3 CHO) 1 oz Cheddar Cheese Cheddar Cheese (0 CHO)	½ C Fresh Banana (23 CHO) ¾ C Green Beans (8 CHO) 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4 oz 100% Juice* ¾ C Breakfast Potatoes (16 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)
8 Chicken Nuggets	9 Hamburger	10 BBQ Chicken Legs	11 Bosco Sticks	12 Turkey Sausage Breakfast Pizza
½ C Applesauce Cup (12 CHO) ¾ C Mixed Vegetables (16 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)	½ C Fresh Orange (23 CHO) ¾ C Broccoli (8 CHO) 2.02 oz Beef Patty (13 CHO) (2M) Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice* ¾ C Brown Sugar Carrots (26 CHO) ½ C Brown Rice Pilaf (21 CHO) (1 WG) 4.02 oz BBQ Chicken Legs (2E) (14 CHO) (2 E) 2.3 oz WG Cornbread (28 CHO) (1 WG)	½ C Fresh Banana (23 CHO) ½ C Baked Beans (28 CHO) ¾ C Green Beans (6 CHO) 3.98 oz Bosco Sticks (2E) (28 CHO) (2 E) (2 WG/2 MMA) Marinara Cup (4 CHO)	4 oz 100% Juice* ¾ C Tater Tots (19 CHO) 4.38 oz Turkey Sausage Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA)
15 French Toast	16 Chicken N' Biscuits	17 Mini Corn Dogs	18 Breakfast Sandwich	19 Thanksgiving Dinner
½ C Applesauce Cup (12 CHO) ¾ C Potato Wedges (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)	½ C Fresh Orange (23 CHO) ¾ C Carrots (18 CHO) 1.4 oz Mini Buttermilk Biscuit (28 CHO) (1 WG) 3.1 Breaded Chicken Tenders (12 CHO) (1 WG/ 2 M) Honey Packet (15 CHO) Butter Cup (1 CHO)	4 oz 100% Juice* ¾ C Broccoli (8 CHO) 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	½ C Fresh Banana (23 CHO) ¾ C Tater Tots (19 CHO) 1.5 oz Egg Patty (>1 CHO) (1.5MMA) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) 2.25 oz English Muffin (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice* ¾ C Spiced Cider Peaches (19 CHO) ½ C Harvest Corn (22 CHO) ½ C Mashed Potatoes (24 CHO) 2 oz Turkey Gravy (14 CHO) 2 oz Turkey Breast (1 CHO) 2 oz WG Chocolate Chip Cookie (19 CHO)
22 Cheeseburger	23 Bosco Sticks	24 Pancakes & Sausage	25	26
½ C Applesauce Cup (12 CHO) ¾ C Broccoli (8 CHO) 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)	½ C Fresh Orange (23 CHO) ¾ C Corn (16 CHO) 3.98 oz Bosco Sticks (2E) (28 CHO) (2 E) (2 WG/2 MMA) Marinara Cup (4 CHO)	4 oz 100% Juice* 1¾ C Tater Tots (19 CHO) 2.34 oz WG Pancakes (27 CHO) (2 WG) 2 oz Turkey Sausage Links (>1 CHO) (2 M) Syrup Cup (31 CHO))	NO SERVICE HAPPY THANKSGIVING!	NO SERVICE
29 Chicken Patty	30 Chicken Nuggets	<i>Served With Milk*</i> <i>Menu Subject to Change*</i> Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.		
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