

**FEBRUARY 2022**

**K-8TH GRADE LUNCH**

**MENU**

<p><b>Innovation Foods</b>                  1550 Enterprise Parkway                  Twinsburg, OH 44087 440-580-4800   <a href="http://www.ifsmeals.com">www.ifsmeals.com</a>                  This institution is an equal opportunity provider.</p>	<p><b>1 ENGLISH MUFFIN SANDWICH</b></p> <p>½ C Fresh Orange (23 CHO)                  ¼ C Tater Tots (19 CHO)                  1.5 oz Chicken Sausage (1 CHO) (1.5MMA)                  0.5 oz Cheese (1 CHO) (0.5MMA)                  2.25 oz English Muffin (25 CHO) (2WG)                  Ketchup Packet (2 CHO)</p>	<p><b>2 CHICKEN PATTY</b></p> <p>4 oz 100% Juice*                  ¼ C Carrot (14 CHO)                  3.98 oz Chicken Patty (14 CHO) (2M/1WG)                  2.4 oz Hamburger Bun (25 CHO) (2 WG)                  BBQ Packet (2 CHO)</p>	<p><b>3 FRENCH TOAST STICKS</b></p> <p>½ C Fresh Banana (23 CHO)                  ¼ C Potato Wedges (24 CHO)                  4.6 oz French Toast Sticks (47 CHO) (2 MMA/2WG)                  Syrup Cup (30 CHO)                  Ketchup Packet (2 CHO)</p>	<p><b>4 TURKEY SAUSAGE PIZZA</b></p> <p>4 oz 100% Juice*                  ¼ C Green Beans (19 CHO)                  4.38 oz Turkey Sausage Pizza (2E) (31 CH) (2 E) (2 WG/2M)                  Ketchup Packet (2 CHO)</p>
<p><b>7 CHICKEN AND BISCUITS</b></p>	<p><b>8 PANCAKES</b></p>	<p><b>9 CHICKEN NUGGETS</b></p>	<p><b>10 CHEESE PIZZA</b></p>	<p><b>11 MINI CORN DOGS</b></p>
<p>½ C Applesauce Cup (12 CHO)                  ¼ C Broccoli (12 CHO)                  2.2 oz Buttermilk Biscuit (28 CHO) (2WG)                  3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2M)                  Butter Cup (2 CHO)                  Honey Packet (14 CHO)</p>	<p>½ C Fresh Orange (23 CHO)                  ¼ C Breakfast Potatoes (28 CHO)                  2.34 oz WG Pancake (31 CHO) (2WG)                  Berry Yogurt Cup (14 CHO) (2 MMA)                  Syrup Cup (31 CHO)                  Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice*                  ¼ C Green Beans (14 CHO)                  3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)                  BBQ Packet (4 CHO)</p>	<p>½ C Fresh Banana (23 CHO)                  ¾ C Baby Carrots (18 CHO)                  ½ C Wango Mango Juice (14 CHO)                  4.02 oz Cheese Pizza (44 CHO) (2 MMA/2 WG)</p>	<p>4 oz 100% Juice*                  ¼ C Baked Beans (41 CHO)                  4.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2WG/2M)                  Ketchup Packet (2 CHO)</p>
<p><b>14 BREAKFAST PIZZA</b></p>	<p><b>15 CHICKEN AND WAFFLES</b></p>	<p><b>16 CHICKEN PATTY</b></p>	<p><b>17 WALKING TACO</b></p>	<p><b>18 HAMBURGER</b></p>
<p>½ C Applesauce Cup (12 CHO)                  ¼ C Tater Tots (19 CHO)                  4.38 oz Turkey Sausage Breakfast Pizza (31 CH) (2M/2WG)                  Ketchup Packet (2 CHO)G/2 MMA)</p>	<p>½ C Fresh Orange (23 CHO)                  ¼ Green Beans (19 CHO)                  2.34 oz WG Waffle (31 CHO) (2 WG)                  2.1 oz Chicken Tenders (8 CHO) (2M/0.25 WG)                  Syrup Cup (31 CHO)</p>	<p>4 oz 100% Juice*                  ¼ C Carrot (14 CHO)                  3.98 oz Chicken Patty (14 CHO) (2M/1 WG)                  2.4 oz Hamburger Bun (25 CHO) (2 WG)                  BBQ Packet (2 CHO)</p>	<p>½ C Fresh Banana (23 CHO)                  ¼ C Black Bean Salad (34 CHO)                  1.5 oz Taco Meat (1 CHO) (1.5MMA)                  0.5 oz Cheese (1 CHO) (0.5MMA)                  2.15 oz RS Nacho Dorito Bag (21 CHO) (2 WG)                  Taco Packet (4 CHO)</p>	<p>4 oz 100% Juice*                  ¼ C Broccoli (12 CHO)                  2.1 oz Beef Patty (14 CHO) (2M/1 WG)                  2.4 oz Hamburger Bun (25 CHO) (2WG)                  BBQ Packet (2 CHO)</p>
<p><b>21 CHEESE PIZZA</b></p>	<p><b>22 ENGLISH MUFFIN</b></p>	<p><b>23 CHICKEN NUGGETS</b></p>	<p><b>24 MAC N' CHEESE</b></p>	<p><b>25 MINI CORN DOGS</b></p>
<p>½ C Applesauce Cup (12 CHO)                  ¾ C Baby Carrots (18 CHO)                  ½ C Wango Mango Juice (14 CHO)                  4.02 oz Cheese Pizza (44 CHO) (2 MMA/2 WG)</p>	<p>½ C Fresh Orange (23 CHO)                  ¼ C Tater Tots (19 CHO)                  1.5 oz Chicken Sausage (1 CHO) (1.5MMA)                  0.5 oz Cheese (1 CHO) (0.5MMA)                  2.25 oz English Muffin (25 CHO) (2WG)                  Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice*                  ¼ C Green Beans (14 CHO)                  3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)                  BBQ Packet (4 CHO)</p>	<p>½ C Fresh Banana (23 CHO)                  ¼ C Broccoli (12 CHO)                  ½ C Mixed Vegetables (8 CHO)                  1 C Cheesy Elbow Pasta (2 WG) (43 CHO)                  2.6 oz Cheddar Cheese (3 CHO) (2 MMA)</p>	<p>4 oz 100% Juice*                  ¼ C Baked Beans (41 CHO)                  4.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2WG/2M)                  Ketchup Packet (2 CHO)</p>
<p><b>28 CHICKEN AND BISCUITS</b></p>	<p><b>Menu Subject to Change</b></p> <p>Choice of 1 cup unflavored 1% white milk (13 CHO) or chocolate fat free milk (20 CHO)</p> <p>Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*</p>			
<p>½ C Applesauce Cup (12 CHO)                  ¼ C Broccoli (12 CHO)                  2.2 oz Buttermilk Biscuit (28 CHO) (2WG)                  3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2M)                  Butter Cup (2 CHO)</p>				