

APRIL 2022

K-8TH GRADE LUNCH MENU

<p><b>Innovation Foods</b>  <b>1550 Enterprise Parkway</b>  <b>Twinsburg, OH 44087 440 -580-4800</b>  <a href="http://www.ifsmeals.com">www.ifsmeals.com</a>          This institution is an equal opportunity provider.</p>	<p><b>Menu Subject to Change</b>  <b>Choice of 1 cup unflavored 1% white milk (11 CHO) or chocolate fat free milk (20 CHO)</b>  <b>Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)</b></p>			<p><b>1 PANCAKES</b>           4 oz 100% Juice*          ¾ C Tater Tots (19 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><b>4 CHICKEN PATTY</b></p>	<p><b>5 EGG BREAKFAST SANDWICH</b></p>	<p><b>6 SAUSAGE PIZZA</b></p>	<p><b>7 CHICKEN NUGGETS</b></p>	<p><b>8 HAM DINNER</b></p>
<p>½ C Applesauce (14 CHO)          ¾ C BBQ Beans (41 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 Apple (21 CHO)          ¾ C Tater Tots (19 CHO)          1.5 oz Egg Patty (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*          ¾ C Broccoli (8 CHO)  <b>Sub: Mixed Vegetables (14 CHO)</b>          4.38 oz Turkey Sausage Pizza (31 CH) (2M/2WG)</p>	<p>½ C Banana (23 CHO)          ¾ C Carrot (9 CHO)          3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)          BBQ Packet (4 CHO)</p>	<p>4 oz 100% Juice*          ½ C Green Beans (4 CHO)          ½ C Cheesy Mashed Potatoes (24 CHO)          2 oz Turkey Ham (1 CHO) (2 M)          Mini Cornbread Loaf (14 CHO) (2 WG)</p>
<p><b>11 CHICKEN &amp; BISCUITS</b></p>	<p><b>12 BREADSTICKS</b></p>	<p><b>13 HAMBURGER</b></p>	<p><b>14 MINI CORN DOGS</b></p>	<p><b>15 WAFFLES</b></p>
<p>½ C Applesauce Cup (12 CHO)          ¾ C Carrot (9 CHO)          2.2 oz Buttermilk Biscuit (28 CHO) (2WG)          3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2M)</p>	<p>½ C Apple (21 CHO)          ¾ C Green Beans (6 CHO)          4.22 oz Cheese Stuffed Breadsticks (42 CHO) (2 WG/ 2 MMA)          Marinara Cup (14 CHO)</p>	<p>4 oz 100% Juice*          ¾ C Broccoli (8 CHO)  <b>Sub: Cheesy Broccoli (11 CHO)</b>          2.1 oz Beef Patty (14 CHO) (2M)          2.4 oz Hamburger Bun (25 CHO) (2WG)          Ketchup Packet (2 CHO)</p>	<p>½ C Banana (23 CHO)          ¾ C Baked Beans (45 CHO)          4.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2WG/2M)          Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice*          ¾ C Tater Tots (19 CHO)          2.34 oz WG Pancake (31 CHO) (2WG)          Turkey Sausage Links (2 CHO) (2 M)          Syrup Cup (31 CHO)          Ketchup Packet (2 CHO)</p>
<p><b>18 FRENCH TOAST STICKS</b></p>	<p><b>19 CHICKEN PATTY</b></p>	<p><b>20 CHEESE PIZZA</b></p>	<p><b>21 TACO BITES</b></p>	<p><b>22 MEATLOAF &amp; POTATOES</b></p>
<p>½ C Applesauce Cup (12 CHO)          ¾ C Tater Tots (24 CHO)          4.6 oz French Toast Sticks (47 CHO) (2 MMA/2WG)          Syrup Cup (30 CHO)          Ketchup Packet (2 CHO)</p>	<p>½ C Apple (21 CHO)          ¾ C Broccoli (8 CHO)  <b>Sub: Sweet Buffalo Broccoli (9 CHO)</b>          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>4 oz 100% Juice*          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 Banana (23 CHO)          ¾ C Seasoned Black Beans (33 CHO)          4.03 Taco Quesadilla Bites (31 CHO) (2M/2WG)          Taco Packet (4 CHO)</p>	<p>4 oz 100% Juice*          ½ C Mixed Vegetables (9 CHO)          ½ C Mashed Potatoes (21 CHO)          2 oz Meatloaf Beef Crumbles (1 CHO) (2 M)          2.5 oz Beef Gravy (9 CHO)          2.1 oz Graham Cracker (14 CHO) (2WG)</p>
<p><b>25 PANCAKES</b></p>	<p><b>26 CHICKEN NUGGETS</b></p>	<p><b>27 SAUSAGE PIZZA</b></p>	<p><b>28 BAGEL BREAKFAST SANDWICH</b></p>	<p><b>29 MAC N' CHEESE</b></p>
<p>½ C Applesauce Cup (12 CHO)          ¾ C Tater Tots (19 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>½ C Apple (21 CHO)          ¾ C Green Beans (6 CHO)          3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)          BBQ Packet (4 CHO)</p>	<p>4 oz 100% Juice*          ¾ C Broccoli (8 CHO)  <b>SUB: Mixed Veg (14 CHO)</b>          4.38 oz Turkey Sausage Pizza (31 CH) (2M/2WG)</p>	<p>½ C Banana (23 CHO)          ¾ C Potato Wedges (19 CHO)          1.5 oz Chicken Sausage Patty (1 CHO) (1.5MMA)          0.5 oz Cheese (1 CHO) (0.5MMA)          2.25 oz Bagel (21 CHO) (2WG)          Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice*          ¾ C Carrot (9 CHO)          1 C Cheesy Elbow Pasta (2 WG) (43 CHO)          1.2 oz Cheese Sauce (3 CHO) (1 MMA)          1 oz Shredded Cheddar Cheese (1 MMA)</p>