

SEPTEMBER 2022

K-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeds.com This institution is an equal opportunity provider Menu Subject to Change. Served With Milk. Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)									
5	NO SERVICE	6	1/2 CUP 100% JUICE* 1/2 C GRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	7	1/2 CUP 100% JUICE* 1/2 C BANANA (21 CHO) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	8	1/2 CUP 100% JUICE* 1/2 C ORANGE (17 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	9	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO)
12	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)	13	1/2 CUP 100% JUICE* 1/2 C GRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)	14	1/2 CUP 100% JUICE* 1/2 C BANANA (21 CHO) CHEX CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	15	1/2 CUP 100% JUICE* 1/2 C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)	16	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)
19	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 CHO)	20	1/2 CUP 100% JUICE* 1/2 C GRAISIN (27 CHO) BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	22	1/2 CUP 100% JUICE* 1/2 C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	23	1/2 CUP 100% JUICE* 1/2 C ORANGE (17 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)	24	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) CINNAMON TOAST CRUNCH CEREAL (1 WG - 22 OZ)
26	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) TRIX BAR (1 OZ WG - 29 CHO)	27	1/2 CUP 100% JUICE* 1/2 C GRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	28	1/2 CUP 100% JUICE* 1/2 C BANANA (21 CHO) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	29	1/2 CUP 100% JUICE* 1/2 C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	30	1/2 CUP 100% JUICE* 1/2 C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO)

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K-8TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Innovation Foods				
1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.itsmeds.com This institution is an equal opportunity provider. Menu Subject To Change Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk				
5 LABOR DAY	6 CLASSIC BURGER	7 SAY CHEESE! PIZZA	8 GOLDEN NUGGETS	9 CELEBRATION CHEF SALAD
NO SERVICE	½ C 100% Juice* ½ C Corn (20 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Applesauce (14 CHO) ½ C Mango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA)/2 WG - 34 CHO)	½ C Banana (21 CHO) ½ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ C 100% Juice* 1 C Chopped Lettuce (4 CHO) ½ C Matchstick Carrots (7 CHO) Turkey (1.5 M - 1 CHO) Shredded Cheese (0.5 MMA - 1 CHO) CROUTONS (1 WG - 11 CHO) Cheez-It (1 WG - 14 CHO) Ranch Packet (8 CHO)
12 CRISPY CHICKEN PATTY	13 FLUFFY CAKES & LINKS	14 CONEY DOG	15 CHEESE DIPPER	16 HAWAIIAN DINNER
½ C 100% Juice* ¾ C Broccoli (5 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ C Croisin (27 CHO) ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	½ C Applesauce (14 CHO) ½ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	½ C 100% Juice* ¾ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA)/2 WG - 42 CHO - 2 E) Mornara Cup (14 CHO)	½ C Banana (21 CHO) ¾ C Carrots (7 CHO) ½ C Garlic Butter Mashed Potatoes (22 CHO) Turkey Ham (2 M - 2 oz - 1 CHO) Chocolate Chip Cookie (1 WG - 13 CHO)
19 DOGS IN A BLANKET	20 CHICKEN N' BISCUIT	22 CHEESE QUESADILLA	23 WONDEROUS WAFFLE	24 MAC N' CHEESE
½ C 100% Juice* ¾ C Green Beans (8 CHO) Mini Corn Dogs (1.75 M/1.75 WG - 25 CHO - 5E) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 CHO) ¾ C Carrots (7 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	½ C Applesauce (14 CHO) ¾ C Toco Beans (36 CHO) Cheese Quesadilla (2 MMA)/2 WG - 31 CHO - 3 E) Toco Packet (1 CHO)	½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	½ C Banana (21 CHO) ¾ C Broccoli (5 CHO) Cheesy Cheddar Penne Posto (2 WG/2 MMA - 8.9 oz - 49 CHO)
26 BREADSTICKS	27 CLASSIC BURGER	28 SAY CHEESE! PIZZA	29 GOLDEN NUGGETS	30 FIESTA BOWL SENSATION
½ C 100% Juice* ¾ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA)/2 WG - 42 CHO) Mornara Cup (14 CHO)	½ C Craisin (27 CHO) ¾ C Baked Beans (42 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Applesauce (14 CHO) ½ C Mango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA)/2 WG - 34 CHO)	½ C 100% Juice* ¾ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ¾ C Corn (14 CHO) ½ C Salsa (3 CHO) ¾ C Brown Rice (1.5 WG - 36 CHO) Toco Beef (2 M - 1.5 oz - 1 CHO) Queso Cheese (1 MMA - 2 oz - 4 CHO)