

JANUARY 2023

K-8TH GRADE LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 DOGS IN A BLANKET	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO - 6 E) Ketchup Packet (2 CHO) 	3 CRISPY CHICKEN PATTY	<ul style="list-style-type: none"> 1/2 C Apple Crisps (10 CHO) 1/2 C Baked Beans (42 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO) 	4 SAY CHEESE! PIZZA	<ul style="list-style-type: none"> 1/2 C Applesauce (14 CHO) 1/2 C Wango Mango Juice (13 CHO) 1/2 C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) 	5 GOLDEN NUGGETS	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO) 	6 POPCORN CHICKEN	<ul style="list-style-type: none"> 1/2 C Banana (21 CHO) 1/2 C Corn (14 CHO) 1/2 C Garlic Butter Mashed Potatoes (22 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)
9 HAMBURGER	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Broccoli (5 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO) 	10 FLUFFY CAKES & LINKS	<ul style="list-style-type: none"> 1/2 C Apple Crisps (10 CHO) 1/2 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) 	11 CONEY DOG	<ul style="list-style-type: none"> 1/2 C Applesauce (14 CHO) 1/2 C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO) 	12 CHEESE DIPPERS	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Pizza Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Morriano Cup (14 CHO) 	13 SALISBURY STEAK	<ul style="list-style-type: none"> 1/2 C Banana (21 CHO) 1/2 C Carrots (7 CHO) 1/2 C Brown Rice (1.5 WG - 36 CHO) 2 oz Beef Gravy (11 CHO) 2.2 oz Salisbury Steak (2 M - 0 CHO)
16 DOGS IN A BLANKET	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Green Beans (8 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO - 6E) Ketchup Packet (2 CHO) 	17 CHICKEN N' BISCUIT	<ul style="list-style-type: none"> 1/2 C Apple Crisps (10 CHO) 1/2 C Brown Sugar Carrots (8 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO) 	18 CHEESE QUESADILLA	<ul style="list-style-type: none"> 1/2 C Applesauce (14 CHO) 1/2 C Taco Beans (36 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO - 3 E) Taco Packet (1 CHO) 	19 WONDEROUS WAFFLE	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 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) 	20 GRILLED CHEESE	<ul style="list-style-type: none"> 1/2 C Banana (21 CHO) 1/2 C Broccoli (5 CHO) Pullman Bread (1.5 WG - 24 CHO) American Cheese (1 MMA - 4 CHO)
23 CHEESE DIPPERS	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO) Morriano Cup (14 CHO) 	24 CRISPY CHICKEN PATTY	<ul style="list-style-type: none"> 1/2 C Apple Crisps (10 CHO) 1/2 C Baked Beans (42 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO) 	25 SAY CHEESE! PIZZA	<ul style="list-style-type: none"> 1/2 C Applesauce (14 CHO) 1/2 C Wango Mango Juice (13 CHO) 1/2 C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) 	26 GOLDEN NUGGETS	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 C Corn (20 CHO) Breaded Chicken Nuggets (2 M /1 WG - 14 CHO) BBQ Packet (5 CHO) 	27 SWEET & SOUR CHICKEN	<ul style="list-style-type: none"> 1/2 C Banana (21 CHO) 1/2 C Carrots (7 CHO) 1/2 C Brown Rice (1.5 WG - 36 CHO) 2.9 oz Sweet & Sour Chicken (2 M - 11 CHO)
30 FLUFFY CAKES & LINKS	<ul style="list-style-type: none"> 1/2 C 100% Juice* 1/2 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) 	31 HOTDOG	<ul style="list-style-type: none"> 1/2 C Apple Crisps (10 CHO) 1/2 C Corn (20 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO) 	<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is on equal opportunity provider. Menu Subject To Change Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk</p>					

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K-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	3	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) GRUNCH MANIA (2 OZ WG - 87 CHO)</p>	4	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROOT LOOP CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	5	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)</p>	6	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)</p>	
9	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) GOLDEN GRAHAM BAR (1 OZ WG - 30 CHO)</p>	10	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)</p>	11	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	12	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)</p>	13	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO) MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)</p>	
16	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) STRAWBERRY CHEERIO BAR (1 OZ WG - 29 CHO)</p>	17	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) DONUT RING (2 WG - 29 CHO)</p>	18	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	19	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO) STRAWBERRY STUFFED BAGEL (2 WG-42 CHO)</p>	20	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ)</p>	
23	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	24	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) GRUNCH MANIA (2 OZ WG - 87 CHO)</p>	25	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROOT LOOP CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	26	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)</p>	27	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)</p>	
30	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) GOLDEN GRAHAM BAR (1 OZ WG - 30 CHO)</p>	31	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)</p>	<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeds.com This institution is an equal opportunity provider.</p>						<p>Served With Milk Menu Subject To Change Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p>