

SEPTEMBER 2023		K-8TH GRADE LUNCH MENU	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Innovation Foods			
1550 Enterprize Parkway Twinsburg, OH 44087 440-580-4800 <a href="http://www.ifsmedals.com">www.ifsmedals.com</a> This institution is an equal opportunity provider. Menu Subject to Change. Served With Milk.			
FRIDAY			
4 NO SCHOOL	5 GOLDEN NUGGETS	6 HAMBURGER	7 DOGS IN A BLANKET
11 CHICKEN PATTY	12 CHEESE PIZZA	13 CONEY DOGS	14 WONDEROUS WAFFLE
18 DOGS IN A BLANKET	19 ENGLISH MUFFIN SANDWICH	20 CHEESE DIPPER	21 FLUFFY CAKE & LINKS
25 GOLDEN NUGGETS	26 CHEESE PIZZA	27 WALKING TACO	28 BAGEL SANDWICH
			29 POPCORN CHICKEN BOWL
1/2 C 100% Juice* 1/4 C Broccoli (5 CHO) Chicken Patty (2 M- 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	1/2 C 100% Juice* 1/4 C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)	1/2 C Applesauce (14 CHO) 1/2 C Coney Beans (52 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (1.5 WG - 27 CHO) Ketchup Packet (2 CHO)	1/2 C 100% Juice* 1/2 C Potato Rounds (20 CHO) Breakfast Sausage (1.5 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)
1/2 C 100% Juice* 1/4 C Baked Beans (51 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 6E) Ketchup Packet (2 CHO)	1/2 Craisin (27 CHO) 1/4 C Maple Cinnamon Carrots (11 CHO) English Muffin (2 WG - 14 CHO) Egg Patty (1.25 M - 2 CHO) American Cheese (0.5 M - 1 CHO)	1/2 C Applesauce (14 CHO) 1/4 C Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Morriano Cup (14 CHO)	1/2 C 100% Juice* 1/2 C Potato Rounds (20 CHO) Turkey Breakfast Sausage (1.5 M - 2 CHO) Pancakes (1 WG - 21 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)
1/2 C 100% Juice* 1/4 C Green Beans (11 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	1/2 Craisin (27 CHO) 1/4 C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)	1/2 C Applesauce (14 CHO) 1/2 Bean Salad (48 CHO) 2 4oz Seasoned Taco Meat and Cheddar Cheese (2 M - 0.5 CHO) Doritos (2 WG - 28 CHO)	1/2 C 100% Juice* 1/2 C Potato Rounds (20 CHO) Baggel (2 WG - 16 CHO) Egg Patty (1.25 M - 2 CHO) American Cheese (0.5 M - 1 CHO)
			1/2 C Banana (21 CHO) 1/2 C Corn (15 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)
			1/2 C Banana (21 CHO) 1/2 C Green Beans (7 CHO) 1/2 C Matchstick Carrots (3 CHO) Sweet Thai Chicken Chunks (1.6 M/0.8 WG - 23 CHO) 1/2 C White Rice (1.7G - 23 CHO)
			1 CHICKEN N BISCUIT 1/2 C Banana (21 CHO) 1/2 C Corn (15 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)
			8 CHEESE QUESADILLA 1/2 C Banana (21 CHO) 1/2 C Corn (15 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)
			15 SWEET THAI CHICKEN BOWL 1/2 C Banana (21 CHO) 1/2 C Green Beans (7 CHO) 1/2 C Matchstick Carrots (3 CHO) Sweet Thai Chicken Chunks (1.6 M/0.8 WG - 23 CHO) 1/2 C White Rice (1.7G - 23 CHO)
			22 BBQ MEATLOAF 1/2 C Banana (21 CHO) 1/2 C Broccoli (3 CHO) 1/2 C Mashied Potatoes (20 CHO) 2.4 oz Meatloaf (2 M - 1 CHO) 1 oz BBQ Sauce (12 CHO) Dinner Roll (1 WG - 12 CHO)