

OCTOBER 2022

K-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	4	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>CRUNCH MANIA (2 OZ WG - 37 CHO)</p>	5	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>COCOA ROO CEREAL (1 OZ WG - 22 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	6	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)</p> <p>HONEY BUN (2 OZ WG - 34 CHO)</p>	7	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)</p>
10	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>COCOA PUFF BAR (1 OZ WG - 30 CHO)</p>	11	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)</p>	12	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	13	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO)</p> <p>LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)</p>	14	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>CINNAMON TOASTER CEREAL (1 WG - 21 OZ)</p>
17	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>TRIX BAR (1 OZ WG - 29 CHO)</p>	18	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>TRIPLE BERRY BAR (2 OZ WG - 43 CHO)</p>	19	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>TOOTIE FRUITIE CEREAL (1 WG - 18 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	20	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)</p> <p>MINI CINNAMON ROLLS (2 WG - 40 CHO)</p>	22	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)</p>
24	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	25	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>CRUNCH MANIA (2 OZ WG - 37 CHO)</p>	26	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>COCOA ROO CEREAL (1 OZ WG - 22 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	27	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO)</p> <p>HONEY BUN (2 OZ WG - 34 CHO)</p>	28	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)</p>
31	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>SCOOTER CEREAL (1 OZ WG - 21 CHO)</p>	<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                      Menu Subject to Change.                      Served With Milk.                      *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p>							

OCTOBER 2022

K-8TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 DOGS IN A BLANKET</b>	<b>4 CRISPY CHICKEN PATTY</b>	<b>5 SAY CHEESE! PIZZA</b>	<b>6 GOLDEN NUGGETS</b>	<b>7 PASTA MARINARA</b>
½ C 100% Juice* ¼ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 CHO) ¼ C Baked Beans (42 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ C Applesauce (14 CHO) ½ C Wango Mango Juice (13 CHO) ¼ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	½ C 100% Juice* ¼ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ¼ C Corn (20 CHO) 1 C Pasta (2 WG - 42 CHO) 2 oz Beef Crumble (2 M - 0 CHO) 2 oz Marinara (14 CHO)
<b>10 HAMBURGER</b>	<b>11 FLUFFY CAKES &amp; LINKS</b>	<b>12 CONEY DOG</b>	<b>13 CHEESE DIPPERS</b>	<b>14 SWEET &amp; SOUR CHICKEN</b>
½ C 100% Juice* ¼ C Broccoli (5 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 CHO) ¼ 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) ¼ 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* ¼ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	½ C Banana (21 CHO) ¼ C Carrots (7 CHO) ¼ C Brown Rice (1.5 WG - 36 CHO) 2.9 oz Sweet & Sour Chicken (2 M-11 CHO)
<b>17 DOGS IN A BLANKET</b>	<b>18 CHICKEN N' BISCUIT</b>	<b>19 CHEESE QUESADILLA</b>	<b>20 WONDEROUS WAFFLE</b>	<b>21 SALISBURY STEAK</b>
½ C 100% Juice* ¼ C Green Beans (8 CHO) Mini Corn Dogs (2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 CHO) ¼ 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) ¼ C Taco Beans (36 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO - 3 E) Taco Packet (1 CHO)	½ C 100% Juice* ¼ 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) ¼ C Broccoli (5 CHO) ¼ C Brown Rice (1.5 WG - 36 CHO) 2 oz Beef Gravy (11 CHO) 2.2 oz Salisbury Steak (2 M - 0 CHO)
<b>24 CHEESE DIPPERS</b>	<b>25 CRISPY CHICKEN PATTY</b>	<b>26 SAY CHEESE! PIZZA</b>	<b>27 GOLDEN NUGGETS</b>	<b>28 MAC N' CHEESE</b>
½ C 100% Juice* ¼ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA /2 WG - 42 CHO) Marinara Cup (14 CHO)	½ C Apple Crisps (10 CHO) ¼ C Baked Beans (42 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ C Applesauce (14 CHO) ½ C Wango Mango Juice (13 CHO) ¼ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	½ C 100% Juice* ¼ C Corn (20 CHO) Breaded Chicken Nuggets (2 M /1 WG - 14 CHO) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ¼ C Carrots (7 CHO) Cheesy Cheddar Penne Pasta (2 WG/2 MMA - 8.9 oz -49 CHO)
<b>31 FLUFFY CAKES &amp; LINKS</b>	<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.  Menu Subject To Change Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk			
½ C 100% Juice* ¼ 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)				