

JANUARY 2023		K-8TH GRADE LUNCH MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 SAY CHEESE! PIZZA	5 GOLDEN NUGGETS	6 POPCORN CHICKEN
		½ C Applesauce (14 CHO) ½ C Wango 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 - 5 E) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ½ C Corn (14 CHO) ½ C Garlic Butter Mashed Potatoes (22 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)
9	10 FLUFFY CAKES & LINKS	11 CONEY DOG	12 CHEESE DIPPERS	13 SALISBURY STEAK
	½ C Apple Crisps (10 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) ¾ 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 Pizza Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	½ C Banana (21 CHO) ¾ C Carrots (7 CHO) ¾ C Brown Rice (1.5 WG - 36 CHO) 2 oz Beef Gravy (11 CHO) 2.2 oz Salisbury Steak (2 M - 0 CHO)
16	17 CHICKEN N' BISCUIT	18 CHEESE QUESADILLA	19 WONDEROUS WAFFLE	20 GRILLED CHEESE
	½ C Apple Crisps (10 CHO) ¾ 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)	½ C Applesauce (14 CHO) ¾ C Taco Beans (36 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO - 3 E) Taco 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) Pullman Bread (1.5 WG - 24 CHO) American Cheese (1 MMA - 4 CHO)
23 CHEESE DIPPERS	24 CRISPY CHICKEN PATTY	25 SAY CHEESE! PIZZA	26 GOLDEN NUGGETS	27 SWEET & SOUR CHICKEN
½ C 100% Juice* ¾ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA /2 WG - 42 CHO) Marinara Cup (14 CHO)	½ C Apple Crisps (10 CHO) ¾ 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) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	½ C 100% Juice* ¾ C Corn (20 CHO) Breaded Chicken Nuggets (2 M /1 WG - 14 CHO) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ¾ C Carrots (7 CHO) ¾ C Brown Rice (1.5 WG - 36 CHO) 2.9 oz Sweet & Sour Chicken (2 M- 11 CHO)
30	31 HOTDOG	<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 Apple Crisps (10 CHO) ¾ C Corn (20 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)			

JANUARY 2023

K-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
				½ CUP 100% JUICE* ½ C BANANA (21 CHO)  FROOT LOOP CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)  HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLE (24 CHO)  CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
9		10		11		12		13	
		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  TRIPLE BERRY BAR (2 OZ WG - 43 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)  MINI CINNAMON ROLLS (2 WG - 40 CHO)		½ CUP 100% JUICE* ½ C APPLE (24 CHO)  MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)	
16		17		18		19		20	
		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  DONUT RING (2 WG - 29 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C ORANGE (17 CHO)  STRAWBERRY STUFFED BAGEL (2 WG-42 CHO)		½ CUP 100% JUICE* ½ C APPLE (24 CHO)  CINNAMON TOASTER CEREAL (1 WG - 21 OZ)	
23		24		25		26		27	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  FROSTED POP TART (1.25 OZ WG - 38 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  CRUNCH MANIA (2 OZ WG - 37 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  FROOT LOOP CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)  HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLE (24 CHO)  CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
30		31		<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.					
		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  TRIPLE BERRY BAR (2 OZ WG - 43 CHO)							
Served With Milk Menu Subject To Change *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)									