

FEBRUARY

2022

K-8TH GRADE BREAKFAST MENU

Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.	1	2	3	4
	4oz 100% Juice* Fresh Apple (½ Cup - 21 CHO) Honey Bun (2 oz WG - 34 CHO)	4oz 100% Juice* Applesauce Cup (½ Cup - 12 CHO) Trix Cereal Bowl (1 oz WG - 25 CHO) Graham Cracker (1 oz WG - 8 CHO)	4oz 100% Juice* Fresh Orange (½ Cup - 23 CHO) Frosted Pop-Tart (2 oz WG - 34 CHO)	4oz 100% Juice* Fresh Banana (½ Cup - 23 CHO) Cinnamon Toast Crunch Cereal Bar (2 oz WG - 24 CHO)
7	8	9	10	11
4oz 100% Juice* Craisin (½ Cup - 24 CHO) Crispy Rice Cereal Bowl (1 oz WG - 16 CHO)	4oz 100% Juice* Fresh Apple (½ Cup - 21 CHO) Butterscotch Oatmeal Breakfast Bar (2 oz WG - 25 CHO)	4oz 100% Juice* Applesauce Cup (½ Cup - 12 CHO) Corn Flake Cereal Bowl (1 oz WG - 18 CHO) Teddy Grahams (1 oz WG - 16 CHO)	4oz 100% Juice* Fresh Orange (½ Cup - 23 CHO) Trix Cereal Bar (2 oz WG - 29 CHO)	4oz 100% Juice* Fresh Banana (½ Cup - 23 CHO) Cheerio Cereal (1 oz WG - 21 CHO)
14	15	16	17	18
4oz 100% Juice* Craisin (½ Cup - 24 CHO) Cinnamon Toast Crunch RS Cereal Bowl (1 oz WG - 22 CHO)	4oz 100% Juice* Fresh Apple (½ Cup - 21 CHO) Chocolate Chip Oatmeal Breakfast Bar (2 oz WG - 24 CHO)	4oz 100% Juice* Applesauce Cup (½ Cup - 12 CHO) Frosted Flake Cereal Bowl (1 oz WG - 25 CHO) Graham Cracker (1 oz WG - 8 CHO)	4oz 100% Juice* Fresh Orange (½ Cup - 23 CHO) Golden Graham Cereal Bar (2 oz WG - 24 CHO)	4oz 100% Juice* Fresh Banana (½ Cup - 23 CHO) Colossal Berry Crunch Cereal Bowl (1 oz WG - 25 CHO)
21	22	23	24	25
4oz 100% Juice* Craisin (½ Cup - 24 CHO) Lucky Charms Cereal Bowl (1 oz WG - 23 CHO)	4oz 100% Juice* Fresh Apple (½ Cup - 21 CHO) Honey Bun (2 oz WG - 34 CHO)	4oz 100% Juice* Applesauce Cup (½ Cup - 12 CHO) Trix Cereal Bowl (1 oz WG - 25 CHO) Graham Cracker (1 oz WG - 8 CHO)	4oz 100% Juice* Fresh Orange (½ Cup - 23 CHO) Frosted Pop-Tart (2 oz WG - 34 CHO)	4oz 100% Juice* Fresh Banana (½ Cup - 23 CHO) Cinnamon Toast Crunch Cereal Bar (2 oz WG - 24 CHO)
28	Menu Subject to Change Choice of 1 cup unflavored 1% white milk (13 CHO) or chocolate fat free milk (20 CHO) Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*			
4oz 100% Juice* Craisin (½ Cup - 24 CHO) Crispy Rice Cereal Bowl (1 oz WG - 16 CHO)				

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K-8TH GRADE LUNCH

MENU

<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800</p> <p>www.ifsmeals.com This institution is an equal opportunity provider.</p>	<p>1 ENGLISH MUFFIN SANDWICH</p> <p>½ C Fresh Orange (23 CHO) ¼ C Tater Tots (19 CHO) 1.5 oz Chicken Sausage (1 CHO) (1.5MMA) 0.5 oz Cheese (1 CHO) (0.5MMA) 2.25 oz English Muffin (25 CHO) (2WG) Ketchup Packet (2 CHO)</p>	<p>2 CHICKEN PATTY</p> <p>4 oz 100% Juice* ¼ C Carrot (14 CHO) 3.98 oz Chicken Patty (14 CHO) (2M/1WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) BBQ Packet (2 CHO)</p>	<p>3 FRENCH TOAST STICKS</p> <p>½ C Fresh Banana (23 CHO) ¼ C Potato Wedges (24 CHO) 4.6 oz French Toast Sticks (47 CHO) (2 MMA/2WG) Syrup Cup (30 CHO) Ketchup Packet (2 CHO)</p>	<p>4 TURKEY SAUSAGE PIZZA</p> <p>4 oz 100% Juice* ¼ C Green Beans (19 CHO) 4.38 oz Turkey Sausage Pizza (2E) (31 CH) (2 E) (2 WG/2M) Ketchup Packet (2 CHO)</p>
<p>7 CHICKEN AND BISCUITS</p> <p>½ C Applesauce Cup (12 CHO) ¼ C Broccoli (12 CHO) 2.2 oz Buttermilk Biscuit (28 CHO) (2WG) 3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2M) Butter Cup (2 CHO) Honey Packet (14 CHO)</p>	<p>8 PANCAKES</p> <p>½ C Fresh Orange (23 CHO) ¼ C Breakfast Potatoes (28 CHO) 2.34 oz WG Pancake (31 CHO) (2WG) Berry Yogurt Cup (14 CHO) (2 MMA) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)</p>	<p>9 CHICKEN NUGGETS</p> <p>4 oz 100% Juice* ¼ C Green Beans (14 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)</p>	<p>10 CHEESE PIZZA</p> <p>½ C Fresh Banana (23 CHO) ¾ C Baby Carrots (18 CHO) ¼ C Wango Mango Juice (14 CHO) 4.02 oz Cheese Pizza (44 CHO) (2 MMA/2 WG)</p>	<p>11 MINI CORN DOGS</p> <p>4 oz 100% Juice* ¼ C Baked Beans (41 CHO) 4.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2WG/2M) Ketchup Packet (2 CHO)</p>
<p>14 BREAKFAST PIZZA</p> <p>½ C Applesauce Cup (12 CHO) ¼ C Tater Tots (19 CHO) 4.38 oz Turkey Sausage Breakfast Pizza (31 CH) (2M/2WG) Ketchup Packet (2 CHO)G/2 MMA)</p>	<p>15 CHICKEN AND WAFFLES</p> <p>½ C Fresh Orange (23 CHO) ¼ C Green Beans (19 CHO) 2.34 oz WG Waffle (31 CHO) (2 WG) 2.1 oz Chicken Tenders (8 CHO) (2M/0.25 WG) Syrup Cup (31 CHO)</p>	<p>16 CHICKEN PATTY</p> <p>4 oz 100% Juice* ¼ C Carrot (14 CHO) 3.98 oz Chicken Patty (14 CHO) (2M/1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) BBQ Packet (2 CHO)</p>	<p>17 WALKING TACO</p> <p>½ C Fresh Banana (23 CHO) ¼ C Black Bean Salad (34 CHO) 1.5 oz Taco Meat (1 CHO) (1.5MMA) 0.5 oz Cheese (1 CHO) (0.5MMA) 2.15 oz RS Nacho Dorito Bag (21 CHO) (2 WG) Taco Packet (4 CHO)</p>	<p>18 HAMBURGER</p> <p>4 oz 100% Juice* ¼ C Broccoli (12 CHO) 2.1 oz Beef Patty (14 CHO) (2M/1 WG) 2.4 oz Hamburger Bun (25 CHO) (2WG) BBQ Packet (2 CHO)</p>
<p>21 CHEESE PIZZA</p> <p>½ C Applesauce Cup (12 CHO) ¾ C Baby Carrots (18 CHO) ¼ C Wango Mango Juice (14 CHO) 4.02 oz Cheese Pizza (44 CHO) (2 MMA/2 WG)</p>	<p>22 ENGLISH MUFFIN</p> <p>½ C Fresh Orange (23 CHO) ¼ C Tater Tots (19 CHO) 1.5 oz Chicken Sausage (1 CHO) (1.5MMA) 0.5 oz Cheese (1 CHO) (0.5MMA) 2.25 oz English Muffin (25 CHO) (2WG) Ketchup Packet (2 CHO)</p>	<p>23 CHICKEN NUGGETS</p> <p>4 oz 100% Juice* ¼ C Green Beans (14 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)</p>	<p>24 MAC N' CHEESE</p> <p>½ C Fresh Banana (23 CHO) ¼ C Broccoli (12 CHO) ¼ C Mixed Vegetables (8 CHO) 1 C Cheesy Elbow Pasta (2 WG) (43 CHO) 2.6 oz Cheddar Cheese (3 CHO) (2 MMA)</p>	<p>25 MINI CORN DOGS</p> <p>4 oz 100% Juice* ¼ C Baked Beans (41 CHO) 4.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2WG/2M) Ketchup Packet (2 CHO)</p>
<p>28 CHICKEN AND BISCUITS</p> <p>½ C Applesauce Cup (12 CHO) ¼ C Broccoli (12 CHO) 2.2 oz Buttermilk Biscuit (28 CHO) (2WG) 3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2M) Butter Cup (2 CHO)</p>	<p style="text-align: right;">Menu Subject to Change</p> <p style="text-align: center;">Choice of 1 cup unflavored 1% white milk (13 CHO) or chocolate fat free milk (20 CHO)</p> <p style="text-align: center;">Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*</p>			

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K-8TH GRADE COLD LUNCH

MENU

<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800</p> <p>www.ifsmeals.com This institution is an equal opportunity provider.</p>	<p>1 PASTA SALAD</p> <p>½ C Fresh Orange (23 CHO) 1 C Fresh Baby Carrots (16 CHO) 1 C Italian Pasta Salad (32 CHO) (2 WG) 1 oz Provolone Mozzarella (1 CHO) (1 MMA) 1 oz Cheddar Cheese (>1 CHO) (1 MMA)</p>	<p>2 LOADED POTATO SALAD*</p> <p>4 oz 100% Juice* ¾ C Creamy Ranch Potato Salad (39 CHO) 1 oz Shredded Cheddar Cheese (>1 CHO) (1 MMA) 1 oz Diced Turkey Ham (1 CHO) (1 M) 2 oz Chocolate Snack Grahams (25 CHO) (2 WG)</p>	<p>3 PITA PIZZA</p> <p>½ C Fresh Banana (23 CHO) 1 C Fresh Vegetables ¼ C Marinara (7 CHO) 2 oz WG Pita (27 CHO) (2 WG) 1.5 oz Mozzarella Cheese (1 CHO) (1.5 MMA) 0.5 oz Provolone Cheese (1 CHO) (0.5 MMA) Ranch Packet (2 CHO)</p>	<p>4 SOUTHWEST TACO</p> <p>4 oz 100% Juice* 1 C Corn Salsa Salad (39 CHO) 2 oz Shredded Taco Chicken (2 CHO) (2 M) 0.25 oz Cheddar Cheese (>1 CHO) (.25 MMA) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)</p>
<p>7 RANCH CHICKEN WRAP</p> <p>½ C Applesauce Cup (12 CHO) 1 C Fresh Cut Vegetables* 2.4 oz Ranch Cheddar Chicken (3 CHO) (2 M) 2oz WG Tortilla (29 CHO)(2 WG) 1oz WG Cheez It Snack (14 CHO) (1 WG) Ranch Packet (1 CHO)</p>	<p>8 TURKEY SANDWICH</p> <p>½ C Fresh Orange (23 CHO) 1 C Grape Tomatoes (4 CHO) 2.4 oz WG Pullman Bread (2 WG) (22 CHO) 1.5 oz Turkey Breast (>1 CHO) (1.5 M) 0.5 oz American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (2 CHO)</p>	<p>9 BUFFALO FLATBREAD</p> <p>4 oz 100% Juice* 1 C Celery Chips (2 CHO) 2.5 oz Buffalo Ranch Chicken (7 CHO) (2 M) 2.3 oz WG Flatbread Dippers (27 CHO) (2 WG)</p>	<p>10 CHEF SALAD</p> <p>½ C Fresh Banana (23 CHO) 1 C Baby Carrots (18 CHO) ¼ C Chopped Romaine Lettuce (2 CHO) 1.5 oz Chicken (1 CHO) (1.5 MMA) 0.5 oz Mozzarella Cheese (>1 CHO) (0.5 MMA) 1.5 oz Croutons (12 CHO) (1 WG) 0.5 oz Cookie (8 CHO) (1 WG) Ranch Packet (2 CHO)</p>	<p>11 HAM SUB SANDWICH</p> <p>4 oz 100% Juice* 1 C Fresh Vegetables 2.4 oz WG Sub Bun (2 WG) (22 CHO) 1.5 oz Turkey Ham(>1 CHO) (1.5 M) 0.5 oz Swiss American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (1 CHO)</p>
<p>14 TURKEY SANDWICH</p> <p>½ C Fresh Orange (23 CHO) 1 C Grape Tomatoes (4 CHO) 2.4 oz WG Pullman Bread (2 WG) (22 CHO) 1.5 oz Turkey Breast (>1 CHO) (1.5 M) 0.5 oz American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (2 CHO)</p>	<p>15 PASTA SALAD</p> <p>½ C Fresh Orange (23 CHO) 1 C Fresh Baby Carrots (16 CHO) 1 C Italian Pasta Salad (32 CHO) (2 WG) 1 oz Provolone Mozzarella (1 CHO) (1 MMA) 1 oz Cheddar Cheese (>1 CHO) (1 MMA)</p>	<p>16 LOADED POTATO SALAD*</p> <p>4 oz 100% Juice* ¾ C Creamy Ranch Potato Salad (39 CHO) 1 oz Shredded Cheddar Cheese (>1 CHO) (1 MMA) 1 oz Diced Turkey Ham (1 CHO) (1 M) 2 oz Chocolate Snack Grahams (25 CHO) (2 WG)</p>	<p>17 PITA PIZZA</p> <p>½ C Fresh Banana (23 CHO) 1 C Fresh Vegetables ¼ C Marinara (7 CHO) 2 oz WG Pita (27 CHO) (2 WG) 1.5 oz Mozzarella Cheese (1 CHO) (1.5 MMA) 0.5 oz Provolone Cheese (1 CHO) (0.5 MMA) Ranch Packet (2 CHO)</p>	<p>18 SOUTHWEST TACO</p> <p>4 oz 100% Juice* 1 C Corn Salsa Salad (39 CHO) 2 oz Shredded Taco Chicken (2 CHO) (2 M) 0.25 oz Cheddar Cheese (>1 CHO) (.25 MMA) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)</p>
<p>21 RANCH CHICKEN WRAP</p> <p>½ C Applesauce Cup (12 CHO) 1 C Fresh Cut Vegetables* 2.4 oz Ranch Cheddar Chicken (3 CHO) (2 M) 2oz WG Tortilla (29 CHO)(2 WG) 1oz WG Cheez It Snack (14 CHO) (1 WG) Ranch Packet (1 CHO)</p>	<p>22 TURKEY SANDWICH</p> <p>½ C Fresh Orange (23 CHO) 1 C Grape Tomatoes (4 CHO) 2.4 oz WG Pullman Bread (2 WG) (22 CHO) 1.5 oz Turkey Breast (>1 CHO) (1.5 M) 0.5 oz American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (2 CHO)</p>	<p>23 BUFFALO FLATBREAD</p> <p>4 oz 100% Juice* 1 C Celery Chips (2 CHO) 2.5 oz Buffalo Ranch Chicken (7 CHO) (2 M) 2.3 oz WG Flatbread Dippers (27 CHO) (2 WG)</p>	<p>24 CHEF SALAD</p> <p>½ C Fresh Banana (23 CHO) 1 C Baby Carrots (18 CHO) ¼ C Chopped Romaine Lettuce (2 CHO) 1.5 oz Chicken (1 CHO) (1.5 MMA) 0.5 oz Mozzarella Cheese (>1 CHO) (0.5 MMA) 1.5 oz Croutons (12 CHO) (1 WG) 0.5 oz Cookie (8 CHO) (1 WG) Ranch Packet (2 CHO)</p>	<p>25 HAM SUB SANDWICH</p> <p>4 oz 100% Juice* 1 C Fresh Vegetables 2.4 oz WG Sub Bun (2 WG) (22 CHO) 1.5 oz Turkey Ham(>1 CHO) (1.5 M) 0.5 oz Swiss American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (1 CHO)</p>
<p>28 TURKEY SANDWICH</p> <p>4 oz 100% Juice* ½ C Fresh Orange (23 CHO) 1 C Grape Tomatoes (4 CHO) 2.4 oz WG Pullman Bread (2 WG) (22 CHO) 1.5 oz Turkey Breast (>1 CHO) (1.5 M) 0.5 oz American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO) Ranch Packet (2 CHO)</p>	<p style="text-align: right;">Menu Subject to Change</p> <p style="text-align: center;">Choice of 1 cup unflavored 1% white milk (13 CHO) or chocolate fat free milk (20 CHO)</p> <p style="text-align: center;">Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*</p>			