

MARCH 2023

K-8TH GRADE BREAKFAST

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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. *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)			1	2	3
			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)
6	7	8	9	10	
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)	
13	14	15	16	17	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) GOLDEN GRAHAM BAR (1 OZ WG - 30 CHO)	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	½ CUP 100% JUICE* ½ C CRAISIN (27 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)	
20	21	22	23	24	
27	28	29	30	31	
	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)	

MARCH 2023

K-8TH GRADE LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p align="center"><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.                      Served With Milk                      Menu Subject To Change                      *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p>		1 WONDEROUS WAFFLE		2 PASTA MARINARA		3 PIZZA			
		<p>½ C Applesauce (14 CHO)                      ¼ C Potato Rounds (20 CHO)                      Breakfast Sausage (2 M - 2 CHO)                      Buttermilk Waffle (1 WG - 15 CHO - 1 E)                      Ketchup Packet (2 CHO)                      Syrup Cup (30 CHO)</p>		<p>½ C 100% Juice*                      ½ C Marinara Sauce (27 CHO)                      Seasoned Beef with Red Sauce (¼ C Veg - 2M - 15 CHO)                      ¾ C Pasta (42 CHO- 1.5 WG)</p>		<p>½ C Banana (21 CHO)                      ½ C Wango Mango Juice (13 CHO)                      ½ C Baby Carrots (6 CHO)                      Cheese Pizza                      (2 MMA/2 WG - 34 CHO)                      Ranch Packet (2 CHO)</p>			
6 DOGS IN A BLANKET		7 HAMBURGER		8 SWEET AND SOUR CHICKEN		9 GOLDEN NUGGETS		10 GRILLED CHEESE	
<p>½ C 100% Juice*                      ¾ C Potato Rounds (20 CHO)                      Mini Corn Dogs                      (2 M/2 WG - 28 CHO- 5E)                      Ketchup Packet (2 CHO)\</p>		<p>½ C Apple Crisps (10 CHO)                      ¾ C BBQ Beans (42 CHO)                      Beef Patty (2 M - 4 CHO)                      Hamburger Bun (2 WG - 25 CHO)                      Ketchup Packet (2 CHO)</p>		<p>½ C Spiced Pear Applesauce (14 CHO)                      ¾ C Carrots (7 CHO)                      ¾ C Brown Rice (1.5 WG - 36 CHO)                      2.9 oz Sweet &amp; Sour Chicken (2 M- 11 CHO)</p>		<p>½ C 100% Juice*                      ¾ C Broccoli (5 CHO)                      Breaded Chicken Nuggets                      (2 M/1 WG - 14 CHO - 5 E)                      BBQ Packet (5 CHO)</p>		<p>½ C Banana (21 CHO)                      ¾ C Green Beans (7 CHO)                      Pullman Bread (2 WG - 28 CHO)                      American Cheese (1 MMA - 4 CHO)</p>	
13 CONEY DOG		14 CRISPY CHICKEN PATTY		15 CHEESE DIPPERS		16		17 CHEF SALAD	
<p>½ C 100% Juice*                      ¾ C Coney Beans (42 CHO)                      Turkey Hot Dog (2 M - 1 CHO)                      Hotdog Bun (2 WG - 27 CHO)                      Ketchup Packet (2 CHO)</p>		<p>½ C Apple Crisps (10 CHO)                      ¾ C Carrots (7 CHO)                      Chicken Patty (2 M- 22 CHO)                      Hamburger Bun (2 WG - 25 CHO)                      BBQ Packet (5 CHO)</p>		<p>½ C Applesauce (14 CHO)                      ¾ C Broccoli (5 CHO)                      Cheese Stuffed Breadsticks                      (2 MMA/2 WG - 42 CHO - 2 E)                      Marinara Cup (14 CHO)</p>		<p>½ C 100% Juice*                      ¾ C Potato Rounds (20 CHO)                      Breakfast Sausage (2 M - 2 CHO)                      Buttermilk Waffle (1 WG - 15 CHO - 1 E)                      Ketchup Packet (2 CHO)                      Syrup Cup (30 CHO)</p>		<p>½ C Diced Peaches (24 CHO)                      ¼ C Baby Carrots (3 CHO)                      1 C Salad Mix (4 CHO)                      Mozzarella and Cheddar Cheese (2 MMA - 0 CHO)                      Ranch Packet (2 CHO)                      Cheez-It Crackers (1 oz WG - 14 CHO)</p>	
20		21		22		23		24	
27		28 FLUFFY CAKES & LINKS		29 HAMBURGER		30 POPCORN CHICKEN BOWL		31 CHEESE DIPPERS	
		<p>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)</p>		<p>½ C 100% Juice*                      ¾ C Broccoli (5 CHO)                      Beef Patty (2 M - 4 CHO)                      Hamburger Bun (2 WG - 25 CHO)                      Ketchup Packet (2 CHO)</p>		<p>½ C Brown Sugar Applesauce (17 CHO)                      ¾ C Carrots (7 CHO)                      ½ c Mashed Potatoes (20 CHO)                      Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)</p>		<p>½ C Banana (21 CHO)                      ¾ C Green Beans (7 CHO)                      Cheese Stuffed Breadsticks                      (2 MMA/2 WG - 42 CHO - 2 E)                      Marinara Cup (14 CHO)</p>	