

FEBRUARY 2023

K-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				1	2		3			
				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)		
6	7		8		9		10			
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  STRAWBERRY CHEERIO BAR (1 WG - 29 CHO)		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)		
13	14		15		16		17			
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)		
20	21		22		23		24			
CLOSED		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)  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)		
27	28		<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.							
CLOSED		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  DONUT RING (2 WG - 29 CHO)								
Served With Milk Menu Subject To Change *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)										

FEBRUARY 2023

K-8TH GRADE LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 SAY CHEESE! PIZZA		2 CHICKEN PATTY		3 POPCORN CHICKEN BOWL	
				½ C 100% Juice* ¼ C Wango Mango Juice (13 CHO) ¼ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)		½ C Banana (21 CHO) ¾ C Carrots (7 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)		½ C Spiced Applesauce (17 CHO) ¼ C Corn (7 CHO) ¾ C Cheesy Mashed Potatoes (29 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)	
6 CHICKEN NUGGETS		7 FLUFFY CAKES & LINKS		8 CONEY DOG		9 CHEESE DIPPERS		10 HAM DINNER	
½ C 100% Juice* ¼ C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)		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) 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* 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) ½ C Garlic Butter Mashed Potatoes (22 CHO) Turkey Ham (2 M - 2 oz - 1 CHO) Gripz Grahams (1 oz - 19 CHO)	
13 CHICKEN PATTY		14 DOGS IN A BLANKET		15 CHICKEN N' BISCUIT		16 WONDEROUS WAFFLE		17 SWEET & SOUR CHICKEN	
½ C 100% Juice* 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 Apple Crisps (10 CHO) ¾ C Green Beans (8 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO - 6E) Ketchup Packet (2 CHO)		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 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)		½ C Banana (21 CHO) ¾ C Broccoli (5 CHO) ¾ C Brown Rice (1.5 WG - 36 CHO) 2.9 oz Sweet & Sour Chicken (2 M - 11 CHO)	
20		21 SAY CHEESE! PIZZA		22 HAMBURGER		23 GOLDEN NUGGETS		24 PASTA MARINARA	
CLOSED		½ C Apple Crisps (10 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* ¾ C Green Beans (8 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)		½ C 100% Juice* ¾ C Corn (21 CHO) Breaded Chicken Nuggets (2 M /1 WG - 14 CHO) BBQ Packet (5 CHO)		½ C Banana (21 CHO) ½ C Carrots (4 CHO) ½ C Marinara Sauce (27 CHO) 2.5 oz Seasoned Beef (7 CHO - 2M) ¾ C Pasta (42 CHO - 1.5 WG)	
27		28 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.					
CLOSED		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)							

Served With Milk  
 Menu Subject To Change  
 \*Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)