

SEPTEMBER 2021
3 DAY HOT BREAKFAST MENU

Menu Subject to Change* Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider. Served With 1%, 1% Chocolate Milk or Fat Free Milk*		1	2	3
6	7	8	9	10
4oz 100% Juice ½ C Craisin (21 CHO) Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Apple Strudel (2 oz WG) (36 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO) Frosted Pop-Tart (1 oz WG) (36 CHO)
13	14	15	16	17
4oz 100% Juice ½ C Craisin (21 CHO) Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Mini Cinni French Toast Sticks (2 oz WG) (43 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Honey Bun (2 oz WG) (34 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO) Strawberry Stuffed Bagel Bites (1 oz WG) (37 CHO)
20	21	22	23	24
4oz 100% Juice ½ C Craisin (21 CHO) Cinnamon Toast Crunch RS (1 oz WG) (22 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Confetti Infused Mini Pancakes (2 oz WG) (37 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Apple Strudel (2 oz WG) (36 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO) Frosted Pop-Tart (1 oz WG) (36 CHO)
27	28	29	30	
4oz 100% Juice ½ C Craisin (21 CHO) Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Mini Blueberry Bash Waffles (2 oz WG) (37 CHO)	

SEPTEMBER 2021		K-8TH GRADE LUNCH		
<p><i>Served With Milk*</i> <i>Menu Subject to Change*</i></p> <p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.wifsmeals.com This institution is an equal opportunity provider.</p>		1 Sloppy Joe	2 Breakfast Sandwich	3 Double Stuffed Breadstick
		4 oz 100% Juice* ¼ C Carrots (18 CHO) 2.5 oz Sloppy Joe (9 CHO) (2 M) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	½ C Fresh Banana (23 CHO) ¼ C Tater Tots (24 CHO) 1.5 oz Egg Patty (>1 CHO) (1.5MMA) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) 2.25 oz English Muffin (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice* ¼ C Pizza Green Beans (9 CHO) 4.28 oz Double Stuffed Breadstick (2 MMA/ 2 WG) (32 CHO) Marinara Cup (4 CHO)
6 Chicken Patty	7 Cheese Quesadilla	8 Man N' Cheese	9 Bosco Sticks	10 Waffles & Sausage
½ C Applesauce Cup (12 CHO) ¼ C Broccoli (8 CHO) 3.98 oz Chicken Patty (14 CHO) (2M / 1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	½ C Fresh Orange (23 CHO) ¼ C Queso Pinto Beans (43 CHO) 4.02 oz Cheese Quesadilla (31 CHO) (2 WG/2 MMA) Taco Packet (2CHO)	4 oz 100% Juice* ¼ C Carrots (18 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 3.2 oz Cheddar Cheese Sauce (1 MMA) (3 CHO) 1 oz Cheddar Cheese Cheddar Cheese (0 CHO)	½ C Fresh Banana (23 CHO) ¼ C Green Beans (8 CHO) 3.98 oz Bosco Sticks (2E) (28 CHO) (2 E) (2 WG/2 MMA) Marinara Cup (4 CHO) (2 CHO)	4 oz 100% Juice* ¼ C Breakfast Potatoes (24 CHO) 2.34 oz WG Waffles (27 CHO) 2 oz Turkey Sausage Patty (>1 CHO) (2 M) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)
13 Walking Taco	14 Corn Dogs	15 Pulled Chicken Sandwich	16 Sausage Biscuit	17 Turkey Sausage Breakfast Pizza
½ C Applesauce Cup (12 CHO) ¼ C Carrots (6 CHO) ½ C Street Corn (18 CHO) 0.5oz Cheddar Cheese (>1 CHO) (0.5 MMA) 1.5 Taco Beef (2 CHO) (1.5 M) Taco Sauce Packet (1 CHO) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)	½ C Fresh Orange (23 CHO) ¼ C Baked Beans (28 CHO) ¼ C Green Beans (6 CHO) 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4 oz 100% Juice* ¼ C Brown Sugar Carrots (28 CHO) 3 oz Braised Shredded Chicken (11 CHO) 2.1 oz WG Bun (17 CHO) (2 WG)	½ C Fresh Banana (23 CHO) ¼ C Broccoli (8 CHO) 2.2 oz Southern Style Buttermilk Biscuit (28 CHO) (2 WG) 3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2 M) Ketchup Packet (2 CHO)	4 oz 100% Juice* ¼ C Tater Tots (24 CHO) 2.2 oz Southern Style Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA)
20 French Toast	21 Cheese Pizza	22 BBQ Chicken	23 Taco Bites	24 Turkey Sandwich
½ C Applesauce Cup (12 CHO) ¼ C Tater Tots (32 CHO) 2.9 oz WG French Toast Sticks (27 CHO) (2WG/ 1 MMA) Strawberry Yogurt Cup (14 CHO) (1 MMA) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)	½ C Fresh Orange (23 CHO) ¼ C Carrots (18 CHO) 3.1 oz Stuffed Cheese Pizza (39 CHO) (2 MMA/ 2 WG)	4 oz 100% Juice* ¼ C Broccoli (8 CHO) ¼ C Brown Rice Pilaf (29 CHO) (1 WG) 4.02 oz BBQ Chicken Legs (2E) (14 CHO) (2 E) 1.3 oz WG Cornbread (14 CHO) (1 WG)	½ C Fresh Banana (23 CHO) ¼ C Taco Beans (39 CHO) Taco Bites (20 CHO) (2 WG/2 MMA) Taco Packet (2 CHO)	½ C Fresh Fruit Salad* 4 oz Wango Mango Juice (14 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)
27 Cheeseburger	28 Chicken Nuggets	29 Sloppy Joe	30 Breakfast Sandwich	
½ C Applesauce Cup (12 CHO) ¼ C Broccoli (8 CHO) 2.02 oz of Beef Patty (13 CHO) (1.5M) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	½ C Fresh Orange (23 CHO) ¼ C Baked Beans (28 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)	4 oz 100% Juice* ¼ C Carrots (18 CHO) 2.5 oz Sloppy Joe (9 CHO) (2 M) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	½ C Fresh Banana (23 CHO) ¼ C Tater Tots (24 CHO) 1.5 oz Egg Patty (>1 CHO) (1.5MMA) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) 2.25 oz English Muffin (25 CHO) (2 WG) Ketchup Packet (2 CHO)	

SEPTEMBER 2021		5 DAY COLD MENU - K-8TH GRADE LUNCH		
<p><i>Served With Milk*</i> <i>Menu Subject to Change*</i></p> <p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmearls.com This institution is an equal opportunity provider.</p>		<p>1 Pita Pizza</p> <p>4 oz 100% Juice ¼ C Broccoli (11 CHO) ¼ C Marinara (7 CHO) ¼ C Fresh Grapes (11 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)</p>	<p>2 Loaded Potato Salad</p> <p>½ C Fresh Banana (23 CHO) ½ C Baby Carrots (9 CHO) 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 Walking Taco</p> <p>4 oz 100% Juice ¼ C Black Bean Salad (32 CHO) ¼ C Connetti Corn (16 CHO) 1 C Taco Beans (49 CHO) (1.5 M) 0.5 oz Shredded Cheddar (>1 MMA) (0.5 MMA) 2 oz WG Nacho Doritos (28 CHO) (2 WG) Taco Packet (1 CHO)</p>
6 Turkey Sandwich	7 Chicken Salad	8 BBQ Chicken Dippers	9 Chef Salad	10 Walking Taco
<p>½ C Applesauce Cup (12 CHO) 1 C Potato Salad (24 CHO) 2.4 oz WG Pullman Bread (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)</p>	<p>½ C Fresh Fruit Salad* 1 C Celery Chips (3 CHO) 3.3 oz Chicken Salad (8 CHO) (2 M) 2.4 oz Pita Round (31 CHO) (2 WG)</p>	<p>4 oz 100% Juice ¼ C Broccoli (11 CHO) ¼ C Pineapple Chunks (17 CHO) 2.5 oz Sweet BBQ Chicken (7 CHO) (2 M) 2.3 oz WG Flatbread Dippers (27 CHO) (2 WG)</p>	<p>1 C Baby Carrots (18 CHO) ¼ C Red Pepper ¾ C Chopped Romaine Lettuce (2 CHO) 1.5 oz Chopped 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 Chocolate Chip Cookie (8 CHO) (1 WG) Ranch Packet (2 CHO)</p>	<p>4 oz 100% Juice* ¼ C Black Bean Salad (32 CHO) ¼ C Connetti Corn (16 CHO) 1.5 oz Ground Beef (>1 CHO) (1.5 M) 0.5 oz Shredded Cheddar (>1 MMA) (0.5 MMA) 2 oz WG Nacho Doritos (28 CHO) (2 WG) Taco Packet (1 CHO)</p>
13 Buffalo Chicken Dippers	14 Walking Taco	15 Chef Salad	16 Italian Pasta Salad	17 Ham & Swiss Sandwich
<p>½ C Applesauce Cup (12 CHO) 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>½ C Fresh Orange (23 CHO) 1 C Carrots (9 CHO) ½ C Street Corn (18 CHO) 0.5oz Cheddar Cheese (>1 CHO) (0.5 MMA) 1.5 Taco Beef (2 CHO) (1.5 M) Taco Sauce Packet (1 CHO) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)</p>	<p>4 oz 100% Juice 1 C Chopped Salad (2 CHO) ½ C Celery Chips (1 CHO) 1.5 oz Diced Turkey (>1 CHO) (1.5 MMA) 0.5 oz Shredded Cheese (>1 CHO) (0.5 MMA) ¼ C Seasoned Croutons (8 CHO) (2.5 WG) 1 oz WG Chocolate Chip Cookie (12 CHO) (0.75 WG) Italian Packet (1 CHO)</p>	<p>½ C Fresh Banana (23 CHO) ¼ C Fresh Broccoli Cuts (8 CHO) ½ C Hummus Cup (7 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>4 oz 100% Juice* 1 C Baby Carrots (9CHO) 2.4 oz WG Pullman Bread (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>
20 Ranch Chicken Wrap	21 Turkey Sandwich	22 Pizza Pita	23 Loaded Potato Salad	24 Walking Taco
<p>½ C Applesauce Cup (12 CHO) 1 C Grape Tomatoes (2 CHO) 2.4 oz Ranch Cheddar Chicken (3 CHO) (2 M) 2oz WG Tortilla (29 CHO)(2 WG) Ranch Packet (1 CHO)</p>	<p>½ C Fresh Fruit* 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>4 oz 100% Juice ¼ C Broccoli (11 CHO) ¼ C Marinara (7 CHO) ¼ C Fresh Grapes (11 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) Mayo Packet (0 CHO)</p>	<p>½ C Fresh Banana (23 CHO) ½ C Baby Carrots (11 CHO) 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>4 oz 100% Juice ¼ C Black Bean Salad (32 CHO) ¼ C Connetti Corn (16 CHO) 1 C Taco Beans (49 CHO) 1.5 oz Ground Beef (>1 CHO) (1.5 M) 0.5 oz Shredded Cheddar (>1 MMA) (0.5 MMA) 2 oz WG Nacho Doritos (28 CHO) (2 WG) Taco Packet (1 CHO)</p>
27 Chicken Salad	28 Southwest Taco	29 Turkey Sandwich	30 Chef Salad	
<p>½ C Fresh Fruit Salad* 1 C Celery Chips (3 CHO) 3.3 oz Chicken Salad (8 CHO) (2 M) 2.4 oz Pita Round (31 CHO) (2 WG)</p>	<p>½ C Fresh Orange (23 CHO) 1 C Fiesta Bean Salad (39 CHO) 2 oz Shredded Taco Chicken (2 CHO) (2 M) 0.25 oz Monterey Jack Cheese (>1 CHO) (2.5 MMA) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)</p>	<p>4 oz 100% Juice 1 C Potato Salad (24 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)</p>	<p>½ C Fresh Banana (23 CHO) 1 C Baby Carrots (18 CHO) ¼ C Red Pepper ¾ C Chopped Romaine Lettuce (2 CHO) 1.5 oz Chopped 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 Chocolate Chip Cookie (8 CHO) (1 WG) Ranch Packet (2 CHO)</p>	