

SEPTEMBER 2021  
K-8TH GRADE LUNCH

Served With Milk\*  
Menu Subject to Change\*

**Innovation Foods**

1550 Enterprise Parkway  
Twinsburg, OH 44087 I 440-580-4800

[www.ifsmeals.com](http://www.ifsmeals.com)

This institution is an equal opportunity provider.

**1 Sloppy Joe**

4 oz 100% Juice\*  
¾ C Carrots (18 CHO)  
2.5 oz Sloppy Joe (9 CHO) (2 M)  
2.4 oz WG Hamburger Bun (2 WG) (19 CHO)

**2 Breakfast Sandwich**

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)

**3 Double Stuffed Breadstick**

4 oz 100% Juice\*  
¾ 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)  
¾ C Queso Pinto Beans (43 CHO)  
4.02 oz Cheese Quesadilla (31 CHO) (2 WG/2 MMA)  
Taco Packet (2CHO)

4 oz 100% Juice\*  
¾ 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\*  
¾ 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)  
½ C Baked Beans (28 CHO)  
½ 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\*  
¾ 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\*  
¾ C Tater Tots (24 CHO)  
4.38 oz Turkey Sausage 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)  
¾ C Carrots (18 CHO)  
3.1 oz Stuffed Cheese Pizza (39 CHO) (2 MMA/ 2 WG)

4 oz 100% Juice\*  
¾ C Broccoli (8 CHO)  
½ 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**

<p> <math>\frac{1}{2}</math> C Applesauce Cup (12 CHO) <math>\frac{3}{4}</math> C Broccoli (8 CHO)  2.02 oz Beef Patty (13 CHO) (1.5M)  0.5 oz American Cheese (&gt;1 CHO) (0.5 MMA)  Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO) </p>	<p> <math>\frac{1}{2}</math> C Fresh Orange (23 CHO)  <math>\frac{3}{4}</math> C Baked Beans (28 CHO)  3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO)  BBQ Packet (4 CHO) </p>	<p> 4 oz 100% Juice*  <math>\frac{3}{4}</math> C Carrots (18 CHO)  2.5 oz Sloppy Joe (9 CHO) (2 M)  2.4 oz WG Hamburger Bun (2 WG) (19 CHO) </p>	<p> <math>\frac{1}{2}</math> C Fresh Banana (23 CHO) <math>\frac{3}{4}</math> C Tater Tots (24 CHO)  1.5 oz Egg Patty (&gt;1 CHO) (1.5MMA)  0.5 oz American Cheese (&gt;1 CHO) (0.5 MMA)  2.25 oz English Muffin (25 CHO) (2 WG)  Ketchup Packet (2 CHO) </p>	
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