

**SEPTEMBER
2022
GRADE BREAKFAST**

9-12TH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider Menu Subject to Change. Served With Milk. *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)						1	2				
						$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE CRISPS (10 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)		$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) DONUT RING (2 OZ WG - 30 CHO)			
5	6	7	8	9							
NO SERVICE	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C ORANGE (17 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO) GRIPZ (1 OZ WG - 21 CHO)							
12	13	14	15	16							
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO) CHEX CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO) SCOOPY STICKS (1 OZ WG - 21 CHO)							
19	20	22	23	24							
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO) BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C ORANGE (17 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) DONUT RING (2 OZ WG - 30 CHO)							
26	27	28	29	30							
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) TRIX BAR (1 OZ WG - 29 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO) GRIPZ (1 OZ WG - 21 CHO)							

SEPTEMBER 2022

9-12TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.</p> <p>Menu Subject To Change Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk</p>			<p>1 DOGS IN A BLANKET</p> <p>½ C 100% Juice* ½ C Orange (23 CHO) 1 C Green Beans (11 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO - 6E) Ketchup Packet (2 CHO)</p>	<p>2 CHICKEN N' BISCUITS</p> <p>½ C 100% Juice* ½ C Banana (21 CHO) 1 C Carrots (9 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)</p>
<p>5 LABOR DAY</p> <p>NO SERVICE</p>	<p>6 CLASSIC BURGER</p> <p>½ C 100% Juice* ½ C Apple Crisps (10 CHO) 1 C Corn (25 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p>	<p>7 SAY CHEESE! PIZZA</p> <p>½ C 100% Juice* ½ C Applesauce (14 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)</p>	<p>8 GOLDEN NUGGETS</p> <p>½ C 100% Juice* ½ C Banana (21 CHO) 1 C Carrots (9 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 6 E) BBQ Packet (5 CHO) Pretzels (1 WG - 11 CHO)</p>	<p>9 CELEBRATION CHEF SALAD</p> <p>½ C 100% Juice* ½ C Orange (23 CHO) 1 C Chopped Lettuce (4 CHO) ½ C Matchstick Carrots (7 CHO) Turkey (1.5 M - 1 CHO) Shredded Cheese (0.5 MMA - 1 CHO) Croutons (1 WG - 11 CHO) Cheez-It (1 WG - 14 CHO) Ranch Packet (8 CHO)</p>
<p>12 CRISPY CHICKEN PATTY</p> <p>½ C 100% Juice* ½ C Craisin (27 CHO) ½ C Broccoli (2 CHO) ½ C Carrots (4 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)</p>	<p>13 FLUFFY CAKES & LINKS</p> <p>½ C 100% Juice* ½ C Apple Crisps (10 CHO) 1 C Potato Rounds (25 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>14 CONEY DOG</p> <p>½ C 100% Juice* ½ C Applesauce (14 CHO) 1 C Coney Beans (56 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)</p>	<p>15 CHEESE DIPPERS</p> <p>100% ½ C Juice ½ C Orange (23 CHO) 1 C Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p>	<p>16 HAM DINNER</p> <p>½ C 100% Juice* ½ C Banana (21 CHO) ½ C Carrots (7 CHO) ½ C Garlic Butter Mashed Potatoes (22 CHO) Turkey Ham (2 M - 2 oz - 1 CHO) Chocolate Chip Cookie (1 WG - 13 CHO)</p>
<p>19 DOGS IN A BLANKET</p> <p>½ C 100% Juice* ½ C Craisin (27 CHO) 1 C Green Beans (11 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO - 6 E) Ketchup Packet (2 CHO)</p>	<p>20 CHICKEN N' BISCUIT</p> <p>½ C 100% Juice* ½ C Apple Crisps (10 CHO) 1 C Carrots (9 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)</p>	<p>22 CHEESE QUESADILLA</p> <p>½ C 100% Juice* ½ C Applesauce (14 CHO) 1 C Taco Beans (48 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO - 3 E) Taco Packet (1 CHO)</p>	<p>23 WONDEROUS WAFFLE</p> <p>½ C 100% Juice* ½ C Orange (23 CHO) 1 C Potato Rounds (25 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (2 WG - 38 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p>	<p>24 MAC N' CHEESE</p> <p>½ C 100% Juice* ½ C Banana (21 CHO) ½ C Broccoli (2 CHO) ½ C Carrots (4 CHO) Cheesy Cheddar Penne Pasta (2 WG/2 MMA - 8 oz -49 CHO)</p>
<p>26 BREADSTICKS</p> <p>½ C 100% Juice* ½ C Craisin (27 CHO) 1 C Broccoli (7 CHO) Cheese Stuffed Breadsticks (2 MMA /2 WG - 42 CHO) Marinara Cup (14 CHO)</p>	<p>27 CLASSIC BURGER</p> <p>½ C 100% Juice* ½ C Apple Crisps (10 CHO) 1 C Baked Beans (56 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p>	<p>28 SAY CHEESE! PIZZA</p> <p>½ C 100% Juice* ½ C Applesauce (14 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)</p>	<p>29 GOLDEN NUGGETS</p> <p>½ C 100% Juice* ½ C Orange (23 CHO) 1 C Carrots (9 CHO) Breaded Chicken Nuggets (2 M /1 WG - 14 CHO) BBQ Packet (5 CHO) Cheez-It (1 WG - 14 CHO)</p>	<p>30 FIESTA BOWL SENSATION</p> <p>½ C 100% Juice* ½ C Banana (21 CHO) ½ C Corn (21 CHO) ½ C Salsa (3 CHO) 1 C Brown Rice (1.5 WG - 48 CHO) Taco Beef (1.5 M -1.5 oz - 1 CHO) Queso Cheese (1 MMA - 2 oz - 4 CHO)</p>