

OCTOBER 2022

9-12TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	4	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>CRUNCH MANIA (2 OZ WG - 37 CHO)</p>	5	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>COCOA ROO CEREAL (1 OZ WG - 22 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	6	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)</p> <p>HONEY BUN (2 OZ WG - 34 CHO)</p>	7	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO) SCOOBY STICKS (1 OZ WG - 21 CHO)</p>
10	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>COCOA PUFF BAR (1 OZ WG - 30 CHO)</p>	11	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)</p>	12	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	13	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO)</p> <p>LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)</p>	14	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>DONUT RING (2 OZ WG - 30 CHO)</p>
17	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>TRIX BAR (1 OZ WG - 29 CHO)</p>	18	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>TRIPLE BERRY BAR (2 OZ WG - 43 CHO)</p>	19	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>TOOTIE FRUITIE CEREAL (1 WG - 18 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	20	<p>½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)</p> <p>MINI CINNAMON ROLLS (2 WG - 40 CHO)</p>	22	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO) GRIPZ (1 OZ WG - 21 CHO)</p>
24	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>FROSTED POP TART (1.25 OZ WG - 38 CHO)</p>	25	<p>½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)</p> <p>CRUNCH MANIA (2 OZ WG - 37 CHO)</p>	26	<p>½ CUP 100% JUICE* ½ C BANANA (21 CHO)</p> <p>CHEX CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>	27	<p>½ CUP 100% JUICE* ½ C ORANGE (17 CHO)</p> <p>HONEY BUN (2 OZ WG - 34 CHO)</p>	28	<p>½ CUP 100% JUICE* ½ C APPLE (24 CHO)</p> <p>CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO) SCOOBY STICKS (1 OZ WG - 21 CHO)</p>
26	<p>½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)</p> <p>SCOOTER CEREAL (1 OZ WG - 21 CHO)</p>	<p><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                      Menu Subject to Change.                      Served With Milk.                      *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p>							

OCTOBER 2022

9-12TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5 DOGS IN A BLANKET</b>	<b>6 CRISPY CHICKEN PATTY</b>	<b>7 SAY CHEESE! PIZZA</b>	<b>8 GOLDEN NUGGETS</b>	<b>7 PASTA MARINARA</b>
<p>½ C 100% Juice*                      ½ C Craisin (27 CHO)                      1 C Broccoli (7 CHO)                      Mini Corn Dogs                      (2 M/2 WG - 33 CHO - 6 E)                      Ketchup Packet (2 CHO)</p>	<p>½ C 100% Juice*                      ½ C Apple Crisps (10 CHO)                      1 C Baked Beans (56 CHO)                      Chicken Patty (2 M/1 WG - 22 CHO)                      Hamburger Bun (2 WG - 25 CHO)                      BBQ Packet (5 CHO)</p>	<p>½ C Apple (21 CHO)                      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>½ C 100% Juice*                      ½ C Orange (23 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>½ C 100% Juice*                      ½ C Banana (21 CHO)                      1 C Corn (25 CHO)                      1 C Pasta (2 WG - 42 CHO)                      2 oz Beef Crumble (2 M - 0 CHO)                      2 oz Marinara (14 CHO)</p>
<b>10 HAMBURGER</b>	<b>11 FLUFFY CAKES &amp; LINKS</b>	<b>12 CONEY DOG</b>	<b>13 CHEESE DIPPERS</b>	<b>14 SWEET &amp; SOUR CHICKEN</b>
<p>½ C 100% Juice*                      ½ C Craisin (27 CHO)                      ½ C Broccoli (2 CHO)                      Beef Patty (2 M - 4 CHO)                      Hamburger Bun (2 WG - 25 CHO)                      Ketchup Packet (2 CHO)                      ½ C Baby Carrots (6 CHO)</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>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>100% 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>½ C 100% Juice*                      ½ C Banana (21 CHO)                      1 C Carrots (9 CHO)                      1 C Brown Rice (2 WG - 36 CHO)                      2.9 oz Sweet &amp; Sour Chicken (2 M- 11 CHO)</p>
<b>17 DOGS IN A BLANKET</b>	<b>18 CHICKEN N' BISCUIT</b>	<b>19 CHEESE QUESADILLA</b>	<b>20 WONDEROUS WAFFLE</b>	<b>21 SALISBURY STEAK</b>
<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>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>½ C 100% Juice*                      ½ C Applesauce (14 CHO)                      ½ C Carrots (4 CHO)                      ½ C Taco Beans (24 CHO)                      Cheese Quesadilla                      (2 MMA/2 WG - 31 CHO - 3 E)                      Taco Packet (1 CHO)</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>½ C 100% Juice*                      ½ C Banana (21 CHO)                      1 C Broccoli (5 CHO)                      1 C Brown Rice (2 WG - 36 CHO)                      2 oz Beef Gravy (11 CHO)                      2.2 oz Salisbury Steak (2 M - 0 CHO)</p>
<b>24 CHEESE DIPPERS</b>	<b>25 CRISPY CHICKEN PATTY</b>	<b>26 SAY CHEESE! PIZZA</b>	<b>27 GOLDEN NUGGETS</b>	<b>28 MAC N' CHEESE</b>
<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>½ C 100% Juice*                      ½ C Apple Crisps (10 CHO)                      1 C Baked Beans (56 CHO)                      Chicken Patty (2 M/1 WG - 22 CHO)                      Hamburger Bun (2 WG - 25 CHO)                      BBQ Packet (5 CHO)</p>	<p>½ C Apple (21 CHO)                      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>½ C 100% Juice*                      ½ C Orange (23 CHO)                      1 C Corn (25 CHO)                      Breaded Chicken Nuggets                      (2 M /1 WG - 14 CHO)                      BBQ Packet (5 CHO)                      Cheez-it (1 WG - 14 CHO)</p>	<p>½ C 100% Juice*                      ½ C Banana (21 CHO)                      1 C Carrots (9 CHO)                      Cheesy Cheddar Penne Pasta (2 WG/2 MMA - 8.9 oz -49 CHO)</p>
<b>11 FLUFFY CAKES &amp; LINKS</b>	<p><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.                      Menu Subject To Change                      Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*                      Served With Milk</p>			
<p>½ C 100% Juice*                      ½ C Craisin (27 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>				