

MARCH 2023

K-8TH GRADE BREAKFAST

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. Served With Milk Menu Subject To Change *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)			1	2	3
			½ CUP 100% JUICE* ¼ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	½ CUP 100% JUICE* ¼ 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)
6	7	8	9	10	
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* ¼ 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)	
13	14	15	16	17	
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) TRIPLE BERRY BAR (2 OZ WG - 43 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)		
20	21	22	23	24	
27	28	29	30	31	
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* ¼ 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)	

MARCH 2023

K-8TH GRADE LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p align="center">Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider. Served With Milk Menu Subject To Change *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p>		1 WONDEROUS WAFFLE		2 PASTA MARINARA		3 PIZZA			
		<p>½ C Applesauce (14 CHO) ¼ C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p>		<p>½ C 100% Juice* ½ C Marinara Sauce (27 CHO) Seasoned Beef with Red Sauce (¼ C Veg - 2M - 15 CHO) ¾ C Pasta (42 CHO- 1.5 WG)</p>		<p>½ C Banana (21 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)</p>			
6 DOGS IN A BLANKET		7 HAMBURGER		8 SWEET AND SOUR CHICKEN		9 GOLDEN NUGGETS		10 GRILLED CHEESE	
<p>½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 5E) Ketchup Packet (2 CHO)\</p>		<p>½ C Apple Crisps (10 CHO) ¾ C BBQ Beans (42 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p>		<p>½ C Spiced Pear Applesauce (14 CHO) ¾ C Carrots (7 CHO) ¾ C Brown Rice (1.5 WG - 36 CHO) 2.9 oz Sweet & Sour Chicken (2 M- 11 CHO)</p>		<p>½ C 100% Juice* ¾ C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)</p>		<p>½ C Banana (21 CHO) ¾ C Green Beans (7 CHO) Pullman Bread (2 WG - 28 CHO) American Cheese (1 MMA - 4 CHO)</p>	
13 CONEY DOG		14 CRISPY CHICKEN PATTY		15 CHEESE DIPPERS		16		17	
<p>½ C 100% Juice* ¾ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)</p>		<p>½ C Apple Crisps (10 CHO) ¾ C Carrots (7 CHO) Chicken Patty (2 M- 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)</p>		<p>½ C Applesauce (14 CHO) ¾ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p>		<p>½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p>			
20		21		22		23		24	
27 GOLDEN NUGGETS		28 FLUFFY CAKES & LINKS		29 HAMBURGER		30 POPCORN CHICKEN BOWL		31 CHEESE DIPPERS	
<p>½ C 100% Juice* ¾ C BBQ Beans (42 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)</p>		<p>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)</p>		<p>½ C 100% Juice* ¾ C Broccoli (5 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p>		<p>½ C Brown Sugar Applesauce (17 CHO) ¾ C Carrots (7 CHO) ½ c Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)</p>		<p>½ C Banana (21 CHO) ¾ C Green Beans (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p>	