

MAY 2023

K-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
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 BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRIPZ (1 OZ WG - 21 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)		½ CUP 100% JUICE* ½ C APPLE (9 CHO) MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)	
8		9		10		11		12	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) STRAWBERRY CHEERIO BAR (1 WG - 29 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) DONUT RING (2 WG - 29 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) STRAWBERRY STUFFED BAGEL (2 WG-42 CHO)		½ CUP 100% JUICE* ½ C APPLE (9 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ)	
15		16		17		18		19	
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* ½ 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 (9 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
22		23		24		25		26	
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 BANANA (21 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)		½ CUP 100% JUICE* ½ C APPLE (9 CHO) MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)	
29		30		31	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)				
CLOSED		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) DONUT RING (2 WG - 29 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)					

MAY 2023

K-8TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WONDEROUS WAFFLE	2 CHEESE DIPPERS	3 CONEY DOG	4 CRISPY CHICKEN PATTY	5 PASTA MARINARA
½ C 100% Juice* 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)	½ Apple Slices (8 CHO) ¼ C Green Beans (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	½ C 100% Juice* ¼ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	½ Craisin (27 CHO) ¼ C Broccoli (5 CHO) Chicken Patty (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ½ C Corn (7 CHO) ½ C Marinara Sauce (27 CHO) Seasoned Beef with Red Sauce (¼ C Veg - 2M - 15 CHO) ¼ C Pasta (42 CHO - 1.5 G)
8 DOGS IN A BLANKET	9 SAY CHEESE! PIZZA	10 HAMBURGER	11 GOLDEN NUGGETS	12 SALISBURY STEAK
½ C 100% Juice* ¼ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 6E) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 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)	½ C 100% Juice* ¼ C Baked Beans (42 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Applesauce (14 CHO) ¼ C Green Beans (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ½ C Carrots (3 CHO) ½ C Mashed Potatoes (17 CHO) Salisbury Steak (2 M - 7 CHO) Beef Gravy (14 CHO) Graham Cracker (1 oz WG - 11 CHO)
15 CONEY DOG	16 FLUFFY CAKES & LINKS	17 CHICKEN N' BISCUIT	18 QUESADILLA	19 POPCORN CHICKEN BOWL
½ C 100% Juice* ¼ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 CHO) ¼ 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)	½ C 100% Juice* ¼ C Broccoli (5 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	½ C Applesauce (14 CHO) ¼ C Carrots (7 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)	½ C Banana (21 CHO) ½ C Green Beans (5 CHO) ½ C Mashed Potatoes (17 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 12 E)
22 CRISPY CHICKEN PATTY	23 WONDEROUS WAFFLE	24 CHEESE DIPPERS	25 GOLDEN NUGGETS	26 GRILLED CHEESE
½ C 100% Juice* ¼ C Broccoli (5 CHO) Chicken Patty (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ C Apple Crisps (10 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)	½ C 100% Juice* ¼ C Green Beans (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	½ Craisin (27 CHO) ¼ C BBQ Beans (42 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ C Banana (21 CHO) ¼ C Carrots (7 CHO) Pullman Bread (2 WG - 24 CHO) American Cheese (1 MMA - 4 CHO) Turkey Ham (1 M - 1 CHO)
29	30 SAY CHEESE! PIZZA	31 HAMBURGER	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)	
CLOSED	½ C 100% Juice* 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)	½ C 100% Juice* ¼ C Mixed Vegetables (9 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)		