

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* 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 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* 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 (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)		½ CUP 100% JUICE* ½ C APPLE (24 CHO) MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)	
20		21		22		23		24	
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 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)	
27		28		29		30		31	

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</p> <p>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* ¼ 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) ¼ 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 WONDEROUS WAFFLE		17 CHEF SALAD	
<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>		<p>½ C Diced Peaches (24 CHO) ¼ C Baby Carrots (3 CHO) 1 C Salad Mix (4 CHO) Mozzarella and Cheddar Cheese (2 MMA - 0 CHO) Ranch Packet (2 CHO) Cheez-It Crackers (1 oz WG - 14 CHO)</p>	
20 FLUFFY CAKES & LINKS		21 DOGS IN A BLANKET		22 CHICKEN N' BISCUITS		23 SALISBURY STEAK		24 PIZZA	
<p>½ C 100% Juice* 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 Apple Crisps (10 CHO) ¾ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 5E) Ketchup Packet (2 CHO)\</p>		<p>½ C 100% Juice* ¾ C BBQ Beans (42 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>Peach Crisp (½ C Fruit - 1 oz WG) ¾ C Roasted Garlic Corn (17 CHO) Salisbury Steak (2 M - 7 CHO) Beef Gravy (14 CHO)</p>		<p>½ C Banana (21 CHO) ½ C Wango Mango Juice (13 CHO) ¾ C Baby Carrots (9 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)</p>	
27		28		29		30		31	