

MARCH 2023

9-12TH GRADE BREAKFAST

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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. 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 APPLE CRISPS (10 CHO) STRAWBERRY STUFFED BAGEL (2 WG-42 CHO)	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ) CHAT SNAX GRAHAMS (1 OZ - 21 CHO)
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) SCOOPY STICKS (1 OZ WG - 21 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	
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)		
27	28	29	30	31	
	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) SCOOPY STICKS (1 OZ WG - 21 CHO)	

MARCH 2023

9-12TH GRADE LUNCH MENU

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Innovation Foods</b> 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 <a href="http://www.ifsmeals.com">www.ifsmeals.com</a></p> <p>This institution is an equal opportunity provider.</p> <p><small>Served With Milk Menu Subject To Change *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</small></p>		1 WONDEROUS WAFFLE		2 PASTA MARINARA	3 PIZZA
		<p>½ C 100% Juice* ½ C Applesauce (14 CHO) 1 C Potato Rounds (25 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (2 WG - 30 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p>		<p>½ C 100% Juice* ½ C Apple (9 CHO) ½ C Carrots (3 CHO) ½ C Marinara Sauce (27 CHO) Seasoned Beef with Red Sauce (¼ C Veg - 2M - 15 CHO) 1 C Pasta (56 CHO- 1.5 WG)</p>	
6 DOGS IN A BLANKET		7 HAMBURGER	8 SWEET AND SOUR CHICKEN	9 GOLDEN NUGGETS	10 GRILLED CHEESE
<p>½ C 100% Juice* ½ C Craisin (27 CHO) 1 C Potato Rounds (25 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 6E) Ketchup Packet (2 CHO)</p>		<p>½ C 100% Juice* ½ C Apple Crisps (10 CHO) 1 C BBQ Beans (56 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p>	<p>½ C 100% Juice* ½ C Spiced Pear Applesauce (14 CHO) 1 C Carrots (9 CHO) 1 C Brown Rice (2 WG - 48 CHO) 2.9 oz Sweet &amp; Sour Chicken (2 M- 11 CHO)</p>	<p>½ C 100% Juice* ½ C Apple (9 CHO) 1 C Broccoli (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO) ½ C Baby Carrots (6 CHO) Pretzels (1 WG - 11 CHO)</p>	<p>½ C 100% Juice* ½ C Banana (21 CHO) 1 C Green Beans (11 CHO) Pullman Bread (2 WG - 24 CHO) American Cheese (1 MMA - 4 CHO) Turkey Ham (1 M - 1 CHO)</p>
13 CONEY DOG		14 CRISPY CHICKEN PATTY	15 CHEESE DIPPERS	16 WONDEROUS WAFFLE	17
<p>½ C 100% Juice* ½ C Craisin (27 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>½ C 100% Juice* ½ C Apple Crisps (10 CHO) 1 C Carrots (9 CHO) Chicken Patty (2 M- 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)</p>	<p>½ C 100% Juice* ½ C Applesauce (14 CHO) 1 C Broccoli (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p>	<p>½ C 100% Juice* ½ C Apple (9 CHO) 1 C Potato Rounds (25 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (2 WG - 30 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p>	
20 FLUFFY CAKES & LINKS		21 DOGS IN A BLANKET	22 CHICKEN N' BISCUITS	23 SALISBURY STEAK	24
<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>		<p>½ C 100% Juice* ½ C Apple Crisps (10 CHO) ½ Broccoli (4 CHO) ½ Green Beans (6 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 6E) Ketchup Packet (2 CHO)</p>	<p>½ C 100% Juice* ½ C Applesauce (14 CHO) ½ BBQ Beans (27 CHO) ½ C Carrots (5 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* Peach Crisp (½ C Fruit - 2 oz WG) 1 C Roasted Garlic Corn (24 CHO) Salisbury Steak (2 M - 7 CHO) Beef Gravy (14 CHO)</p>	
27		28 FLUFFY CAKES & LINKS	29 HAMBURGER	30 POPCORN CHICKEN BOWL	31 CHEESE DIPPERS
		<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) ½ C Broccoli (5 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 Brown Sugar Applesauce (17 CHO) ½ 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 100% Juice* ½ C Banana (21 CHO) 1 C Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p>