

September 2018
9-12 Lunch Concept

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Labor Day-No Service | 9/4 Stuffed Pizza | 9/5 Hamburger | 9/6 Ham and Swiss Ciabatta | 9/7 Marinara Meatballs |
| | 4oz 100 % Juice(15) ½c Applesauce(15) 1 c Green Beans (7) ¼cMarinara(7) WG Stuffed Cheese Pizza [2oz MMA, 2oz G] (30) Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Banana (15) 1c Steamed Broccoli (5) 2oz Beef Patty on 2oz WG Bun (24) Mustard/ Ketchup Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Orange(15) 1 c Tater Tots (20) 1.5 oz Turkey Ham and 0.5oz Swiss on 2oz WG Ciabatta (30) Mustard Packet Milk(12) | 4oz 100 % Juice(15) ½ c Fresh Apple (15) 1 c Diced Carrots (20) 2oz Meatballs over ½ c Rotini (27) w/ ¼ c Marinara (7) 2oz WG Breadstick(14) Milk(12) |
| 9/10 Chicken Nuggets | 9/11 Turkey Dinner | 9/12 Chef Salad | 9/13 Chicken Burrito | 9/14 BBQ Meatloaf |
| 4oz 100 % Juice(15) ½ c Fresh Pear (15) 1 c Broccoli (20) 5 each WG Chicken Nuggets [2oz MMA, 1oz G (12)] BBQ/Ketchup Packet Milk(12) | 4oz 100 % Juice(15) ½c Applesauce(15) 2oz Turkey Breast with 2oz Gravy over 1 c Mashed Potatoes (35) 2 oz WG Dinner Rolls (26) Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Banana (15) 1 c Baby Carrots (12) 1c IceBerg lettuce with 1.5 oz Chicken and 0.5oz Cheddar Cheese WG Sugar Cookie (35) Ranch Dressing Milk(12) | 4oz 100 % Juice(15) ½ c Fresh Orange(15) 1 c Mexi-Beans (18) 1.5oz Chicken Strips with 0.5oz Shredded Cheese on 10" WG Tortilla (34) Milk(12) | 4oz 100 % Juice(15) ½ c Fresh Apple (15) 1 c Mixed Vegetables(20) 2oz Homemade Meatloaf ½c Seasoned Brown Rice (23) 2 oz WG ChocoChip Cookie (18) Milk (12) |
| 9/17 Chicken Patty Sandwich | 9/18 Turkey & Cheddar Sub | 9/19 Salisbury Steak | 9/20 Breakfast Sandwich | 9/21 Fiesta Chicken |
| 4oz 100 % Juice(15) ½ c Fresh Pear (15) 1c Green Beans (7) 2oz Chicken Patty [1oz MMA; 1oz G] (30) 2oz WG bun (24)] BBQ Packet Milk (12) | 4oz 100 % Juice(15) ½c Applesauce(15) 1 c Baby Carrot(12) 1.5oz Turkey Breast & 0.5oz Cheddar Cheese 2oz WG Sub Bun (28) Mustard/ Ranch Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Banana (15) 1 c Broccoli (20) 2oz Homemade Salisbury Steak w/ Gravy 2oz WG Dinner Roll (14) Milk (12) | 4oz 100 % Juice(15) ½ cFresh Orange(15) 1 c Tater Tots (20) 1.5oz Egg patty and 0.5oz American Cheese on WG Muffin (24) Ketchup/ Syrup Cup Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Apple (15) 1c Black Beans w/ Salsa (30) 2oz Seasoned Chicken ½ c Spanish Rice(23) Milk (12) |
| 9/24 Hot Dog | 9/25 Orange Chicken Bowl | 9/26 Taco Salad | 9/27 Pepperoni Pizza | 9/28 BBQ Chicken FlatBread Melt |
| 4oz 100 % Juice(15) ½ c Fresh Pear (15) 1c Tater tots (20) Hot Dog on Bun [2oz MMA; 2oz G] (30) Mustard/ Ketchup Milk (12) | 4oz 100 % Juice(15) ½c Applesauce(15) 1 c Green Beans(7) 2oz Chicken[1oz MMA, 1oz G] (30) 2oz Orange Sauce) over ½ c WG Rice (20) Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Banana (15) 1 cup Romaine Lettuce ¼ c Matchstick Carrots (5) & ¼ c Salsa (6) 2oz Ground beef ½ c Cheddar Cheese Mix WG Tortilla Chips (20) Milk(12) | 4oz 100 % Juice(15) ½ cFresh Orange(15) 1 c Mixed veggie bag (5) WG Turkey Pepperoni Cheese Pizza [2oz MMA; 2oz G] (37) Ranch Packet Milk (12) | 4oz 100 % Juice(15) ½ c Fresh Apple (15) 1 c Baked Beans (20) 1.5oz BBQ chicken and 0.5oz White American Cheese on 2oz Flatbread (26) Milk (12) |

innovation foods

2071 Midway Drive, Twinsburg, OH 44087 | 440-580-4800

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|--|--|--|--|--|
| 9/3 | 9/4 | 9/5 | 9/6 | 9/7 |
| ½ c Fresh Orange (15) ½ c Applesauce(15) 1oz Golden Grahams Cereal(24) 1oz WG Animal Crackers(21) Milk | 4oz 100% Juice (15) ½ c Fresh Apple(15) 2oz WG Cherry Crunch Bar (43) Milk | 4oz 100% Juice (15) ½ c Applesauce (15) 2oz WG Cinnamon Bun Snacks (37) Milk | 4oz 100% Juice (15) ½ Fresh Banana (15) 1oz WG Cheerios Cereal (24) 1oz WG goldfish grahams (19) Milk | 4oz 100% Juice (15) ¼ c Craisins (15) 1oz WG Cinnamon Chex cereal (22) 1oz Mozzarella String Cheese Milk |
| 9/10 | 9/11 | 9/12 | 9/13 | 9/14 |
| ½ c Fresh Orange (15) ½ c Applesauce (15) 1oz WG Cinnamon Toast Crunch Cereal(22) 1oz WG Animal Crackers(21) Milk | 4oz 100% Juice (15) ½c Fresh Apple (15) 2oz WG Triple Berry Crunch bar (42) Milk | 4oz 100% Juice (15) ½ c Applesauce 2oz WG Lemon Crunch Bar (42) Milk | 4oz 100% Juice (15) ½ c Fresh Banana(15) 1oz WG Apple Zings Cereal (24) 1oz WG Goldfish Grahams (19) Milk | 4oz 100% Juice (15) ¼ c Craisins(15) 2oz WG Cinnamon Raisin Bagel Margarine Milk |
| 9/17 | 9/18 | 9/19 | 9/20 | 9/21 |
| ½ c Fresh Orange (15) ½ c Applesauce 1oz Fruity Cheerios Cereal (25) 1oz WG Animal Crackers (21) Milk | 4oz 100% Juice (15) ½ c Fresh Apple (15) 2oz WG Cinnamon Cream Cheese Mini Bagels (42) Milk | 4oz 100% Juice (15) ½ c Applesauce 2oz WG Lemon Crunch Bar (42) Milk | 4oz 100% Juice (15) ½ c Fresh Banana 1oz WG Cheerios Cereal(14) 1oz WG Goldfish Grahams(19) Milk | 4oz 100% Juice (15) ¼ c Craisins(15) 1oz WG Trix Cereal (24) 1oz Cheddar Cheese Square Milk |
| 9/24 | 9/25 | 9/26 | 9/27 | 9/28 |
| ½ c Fresh Orange (15) ½ c Applesauce(15) 1oz WG Golden Grahams Cereal (24) 1oz WG Animal Crackers (21) Milk | 4oz 100% Juice (15) ½ c Fresh Apple (15) 2oz WG Triple Berry Crunch Bar (42) Milk | 4oz 100% Juice (15) ½ c Applesauce (15) 2oz WG Cinnamon Bun Snacks (37) Milk | 4oz 100% Juice (15) ½ c Fresh Banana (15) 1oz WG Apple Zings Cereal (24) 1oz WG Goldfish Grahams (19) Milk | 4oz 100% Juice (15) ¼ c Craisins(15) 1oz WG Trix Cereal (24) 1oz Cheddar Cheese Square Milk |



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