

March 2019
9-12 Hot Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Menus Subject to Change				4oz 100% Juice (15) ½ c Banana (15) 1oz Berry Crunch Cereal [1OEG] (24) Milk (12)
4	5	6	7	8
4 oz 100% Juice (15) ½ c Fresh Apple (15) Chocolate Chip Oatmeal Bar [1OEG] (23) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) Whole Grain Mini French Toast [2OEG] (37) Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) WG Trix Cereal Bar [1OEG] (30) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Cinnamon Cream Cheese Bagel [2OEG] (42) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1 oz Apple Zing [1OEG] (19) 2 oz Goldfish Graham [2OEG] (28) Milk (12)
11	12	13	14	15
4 oz 100% Juice (15) ½ c Fresh Apple (15) Strawberry Yogurt [1OEG] (14) Granola [1OEG] (20) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) WG Breakfast Slider [.75MMA, 1.25 OEG] (28) Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) 1 oz Golden Graham Cereal [1OEG] (24) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) WG Cinnamon Raisin Bagel [2OEG] (34) Cream Cheese Cup Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1oz Trix Cereal [1OEG] (24) 1 oz Graham Cracker [1OEG] (14) Milk (12)
18	19	20	21	22
4 oz 100% Juice (1) ½ c Fresh Apple (15) 2 oz Cherry Granola Bar [2OEG] (43) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 2 WG Chicken Nuggets [0.75 MMA, 0.25 OEG] 2oz Mini Biscuit [2OEG] (28) Syrup Cup Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) 1 oz Cinnamon Toast Crunch Cereal [1OEG] (22) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) WG Mini Cinnamon Waffles [2OEG] (35) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1 oz Cocoa Puffs [1OEG] (25) Milk (12)
25	26	27	28	29
4 oz 100% Juice (15) ½ c Fresh Apple (15) Breakfast Round [2OEG] (43) Milk (12)	4 100% Juice (15) ½ c Berry Cup (15) WG Breakfast Pizza [1.5OEG, 1MMA] (27) Milk (12)	4 oz 100% Juice(15) ½ c Applesauce (15) 1 oz Fruity Cheerios [1OEG] (25) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Mini Strawberry Bagel [2OEG] (41) Milk (12)	4 oz 100% Juice ½ c Banana (15) 1 oz Berry Crunch Cereal [1OEG] (24) 1 oz String Cheese [1MMA] Milk (12)



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

www.ifsmeals.com

This institution is an equal opportunity provider.

March 2019

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Popcorn Chicken Wrap
Menus Subject to Change				4 oz 100% Juice (15) ½ c Fresh Apple (15) ½ c Mashed Potatoes (10) ½ c Kernel Corn (7) 2 oz Popcorn Chicken [2MMA, 2OEG] (14) Topped with Gravy Milk (12)
4 Corn Dog	5 Chicken Patty	6 Cheese Quesadilla	7 Fresh Chef Salad	8 Macaroni and Cheese
4 oz 100% Juice (15) ½ c Applesauce (15) 1c Baked Beans (54) WG Corn Dog [2MMA,2OEG](30) Ketchup (3)/ Mustard Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 1 c Green Beans (10) 2 oz Chicken Patty [2MMA, 1OEG] on WG Bun [2OEG] (19) BBQ Packet (5) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1 c Kernel Corn (18) WG Cheese Quesadilla [2MMA,2OEG] (39) Taco Sauce Packet Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) ½ c Baby Carrots (9) 1 c Romaine Lettuce 1 oz Shredded Cheese 1 oz Chicken Strips Italian Dressing (2) 2 oz Chocolate Chip Cookie [2OEG] (24) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1c Diced Carrots (10) 2 oz Homemade Cheese Sauce 1c Elbow Noodles [2OEG] (42) 1 oz Shredded Cheese Milk (12)
11 Turkey Ham Dinner	12 Chicken Nuggets	13 Spaghetti	14 Orange Chicken Stir Fry	15 Cheese Pizza
4 oz 100% Juice (15) ½ c Applesauce (15) ½ c Mashed Potatoes (10) ½ c Kernel Corn (4) 2oz Turkey Ham 2oz Dinner Roll [2OEG] (26) Topped with Gravy Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 1c BBQ Beans (52) 5 WG Chicken Nuggets [2MMA, 1OEG] (34) BBQ Packet (5) 1 oz Cookie [1OEG] (13) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1 c Green Beans(10) 1.5 oz ground Beef 0.5 oz Mozzarella Cheese over ½ c Spaghetti[1OEG] ¼ c Marinara Sauce (7) 1 oz Breadstick [1OEG] (14) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1 c Broccoli (8) 1oz Chicken Stirps with ¼ c Orange Sauce 1 c Stir Fry Rice [2MMA, 2OEG] Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1c Baby Carrots (20) WG Cheese Pizza [2MMA, 2OEG] (24) Ranch Packet Milk (12)
18 Hamburger	19 Chicken Burrito	20 Swedish Meatballs	21 Hot Dog	22 Breakfast Sandwich
4 oz 100% Juice (15) ½ c Applesauce (15) 1c Broccoli (8) 2 oz Beef Patty 2oz WG Bun [2OEG] (19) Ketchup (3)/ Mustard Milk (12)	4 oz 100% Juice (15) ½ c Craisins (28) 1 c Mexi Beans (52) 1.5oz Chicken Strips 0.5oz Shredded Cheddar 10" Tortilla [2 OEG] Taco Sauce Packet Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1 c Green Beans (10) 2 oz Meatballs with Swedish Gravy over 1 c Rotini Noodles [2OEG] (123) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1 c Diced Carrots (10) 2 oz Turkey Hot Dog 2oz WG Hot Dog Bun [2OEG] Ketchup (3)/ Mustard Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1c Tater Tots (24) 1.5oz Scrambled Egg Patty 0.5oz American Cheese 2oz English Muffin [2OEG] (24)Ketchup (3) Milk (12)
25 Pancakes & Sausage	26 Chicken Parmesan	27 Turkey Sandwich	28 Salisbury Steak	27 Double Stuffed Pizza
4 oz 100% Juice (15) ½ c Applesauce (15) 1 c Tater Tots (24) 3 Pancakes [2OEG] (16) 2 oz Sausage Links Syrup Cup (31) Milk (12)	4 oz 100% Juice (15) ½ c Craisins (28) 1 c Baked Beans (52) 2 oz Chicken Patty [2MMA, 1OEG] (16) 0.5oz Mozzarella Cheese ¼ c Marinara Sauce (7) ½ c Pasta [1OEG] (41) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 4 oz Vegetable Juice (15) 1.5 oz Turkey 0.5oz American Cheese 2 oz WG Bread [2 OEG] Mayo/ Ranch Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1 c Diced Carrots (10) 2 oz Homemade Salisbury Steak over 1 c Egg Noodle [2OEG] (120) Topped With ¼ c Gravy Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) ¾ c Broccoli (5) WG Double Stuffed Pizza [2MMA, 2OEG] (30) ¼ c Marinara (7) Milk (12)

