

OCTOBER 2021

9-12TH GRADE LUNCH

Served With Milk*
Menu Subject to Change*

Innovation Foods

1550 Enterprise Parkway
Twinsburg, OH 44087 | 440-580-4800
www.ifsmeals.com

This institution is an equal opportunity provider.

1 Double Stuffed
Breadstick

4oz 100% Juice*
½ C Craisin (33 CHO)
1 C Pizza Green Beans (14
CHO)
4.28 oz Double Stuffed
Breadstick (2 MMA/ 2
WG) (32 CHO)
Marinara Cup (4 CHO)

4 Chicken Patty

5 Cheese Quesadilla

7 Bosco Sticks

8 Waffles & Sausage

4 oz 100% Juice*
½ C Applesauce Cup (12
CHO)
¾ C Broccoli (8 CHO)
¼ C Carrots (6 CHO)
3.98 oz Chicken Patty (14
CHO) (2M / 1 WG)
2.4 oz Hamburger Bun (25
CHO) (2 WG)
Ketchup Packet (2 CHO)

4 oz 100% Juice*
½ C Fresh Orange (23
CHO)
1 C Queso Pinto Beans
(55 CHO)
4.02 oz Cheese
Quesadilla (31 CHO) (2
WG/2 MMA)
Taco Packet (2CHO)

4 oz 100% Juice*
½ C Fresh Apple (21 CHO)
1 C Carrots (24 CHO)
1 C Cheesy Elbow Pasta (2
G) (43 CHO)
3.2 oz Cheddar Cheese
Sauce (1 MMA) (3 CHO)
1 oz Cheddar Cheese
Cheddar Cheese (0 CHO)

4 oz 100% Juice*
½ C Fresh Banana (23
CHO)
1 C Green Beans (12 CHO)
3.98 oz Bosco Sticks (2E) (28
CHO) (2 E) (2 WG/2 MMA)
Marinara Cup (4 CHO)

4 oz 100% Juice*
½ C Craisin (33 CHO)
1 C Breakfast Potatoes
(32 CHO)
2.34 oz WG Waffles (27
CHO)
2 oz Turkey Sausage
Patty (>1 CHO) (2 M)
Syrup Cup (31 CHO)
Ketchup Packet (2 CHO)

11 Walking Taco

12 Corn Dogs

13 Pulled Chicken
Sandwich

14 Sausage & Biscuits

15 Turkey Sausage
Breakfast Pizza

4 oz 100% Juice*
½ C Applesauce Cup (12
CHO)
¼ C Carrots (18 CHO)
½ C Street Corn (18 CHO)
0.5oz Cheddar Cheese (>1
CHO) (0.5 MMA)
1.5 Taco Beef (2 CHO) (1.5 M)
Taco Sauce Packet (1 CHO)
1.41 oz WG LF Nacho Dorito
Bag (28 CHO) (2 WG)

4 oz 100% Juice*
½ C Fresh Orange (23
CHO)
½ C Baked Beans (28
CHO)
½ C Green Beans (6 CHO)
3.67 oz Honey Crunch
Mini Corn Dogs (6E) (42
CHO) (2 WG/ 2 M)
Ketchup Packet (2 CHO)

4 oz 100% Juice*
½ C Fresh Apple (21 CHO)
1 C Brown Sugar Carrots (37
CHO)
3 oz Braised Shredded
Chicken (11 CHO)
2.1 oz WG Bun (17 CHO) (2
WG)

4 oz 100% Juice*
½ C Fresh Banana (23 CHO)
1 C Broccoli (12 CHO)
2.2 oz Southern Style
Buttermilk Biscuit (28 CHO)
(2 WG)
3.1 Sweet Italian Chicken
Sausage Patty (3 CHO) (2
M)
Ketchup Packet (2 CHO)

4 oz 100% Juice*
½ C Craisin (33 CHO)
1 C Tater Tots (32 CHO)
4.38 oz Turkey Sausage
Breakfast Pizza (2E) (31
CH) (2 E) (2 WG/2 MMA)

18 French Toast

19 Cheese Pizza

20 BBQ Chicken

21 Taco Bites

22 Turkey Sandwich

4 oz 100% Juice*
½ C Applesauce Cup (12
CHO)
1 C Tater Tots (32 CHO)
2.9 oz WG French Toast
Sticks (27 CHO) (2WG/ 1
MMA)
Strawberry Yogurt Cup (14
CHO) (1 MMA)
Syrup Cup (31 CHO)
Ketchup Packet (2 CHO)

4 oz 100% Juice*
½ C Fresh Orange (23
CHO)
¼ C Carrots (18 CHO)
½ C Green Beans (6 CHO)
3.1 oz Stuffed Cheese
Pizza (39 CHO) (2 MMA/ 2
WG)

4 oz 100% Juice*
½ C Fresh Apple (21 CHO)
1 C Broccoli (12 CHO)
½ C Brown Rice Pilaf (29
CHO) (1 WG)
4.02 oz BBQ Chicken Legs
(2E) (14 CHO) (2 E)
1.3 oz WG Cornbread (14
CHO) (1 WG)

4 oz 100% Juice*
½ C Fresh Banana (23 CHO)
1 C Taco Beans (48 CHO)
Taco Bites (20 CHO) (2
WG/2 MMA)
Taco Packet (2 CHO)

½ C Craisin (33 CHO)
½ C Fresh Fruit Salad*
4 oz Wango Mango
Juice (14 CHO)
½ C Baby Carrots (12
CHO)
2.4 oz WG Pullman Bread
(2 WG) (22 CHO)
1.5 oz Turkey Breast (>1
CHO) (1.5 M)
0.5 oz American Cheese
(1 CHO) (0.5 MMA)
Mayo Packet (0 CHO)

25 Cheeseburger

26 Chicken Nuggets

27 Sloppy Joe

28 Breakfast Sandwich

29 Double Stuffed
Breadstick

4 oz 100% Juice*
½ C Applesauce Cup (12
CHO)
1 C Broccoli (12 CHO)
2.02 oz Beef Patty (13 CHO)
(1.5M)
0.5 oz American Cheese (>1
CHO) (0.5 MMA)
Hamburger Bun (25 CHO) (2
WG)
Ketchup Packet (2 CHO)

4 oz 100% Juice*
½ C Fresh Orange (23
CHO)
1 C Baked Beans (52
CHO)
3.2 oz Breaded Chicken
Nuggets (2 WG/2 M) (14
CHO)
BBQ Packet (4 CHO)

4 oz 100% Juice*
½ C Fresh Apple (21 CHO)
1 C Carrots (24 CHO)
2.5 oz Sloppy Joe (9 CHO)
(2 M)
2.4 oz WG Hamburger Bun
(2 WG) (19 CHO)

4 oz 100% Juice*
½ C Fresh Banana (23 CHO)
1 C Tater Tots (32 CHO)
1.5 oz Egg Patty (>1 CHO)
(1.5MMA)
0.5 oz American Cheese (>1
CHO) (0.5 MMA)
2.25 oz English Muffin (25
CHO) (2 WG)
Ketchup Packet (2 CHO)

4oz 100% Juice*
½ C Craisin (33 CHO)
1 C Pizza Green Beans (14
CHO)
4.28 oz Double Stuffed
Breadstick (2 MMA/ 2
WG) (32 CHO)
Marinara Cup (4 CHO)