

SAMPLE MENU - Innovation Food Service				K-8TH GRADE LUNCH
Monday	Tuesday	Wednesday	Thursday	Friday
1 Enchilada Bowl	2 Hamburger	3 Ham & Cheesy Potatoes	4 Sloppy Joe	5 DoubleStuffed Pizza
4oz 100% Juice ½ C Corn (9 CHO) ½ C Black Beans (23 CHO) 1 C Brown Rice (2 WG) (48 CHO) 2 oz Enchilada Sauce (2 CHO) 1 oz Queso Cheese (0.5 MM) (2 CHO) 1.5 oz Braised Chicken Thighs (1.5 oz M) (>1 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Carrots (9 CHO) 2.4 oz Beef Patty (2 M) (2 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ½ C Green Beans (6 CHO) 2 oz Turkey Ham (>1 CHO) (2M) ½ C Cheesy Mashed Potatoes (26 CHO) 2 oz WG Graham Cracker (2 WG) (28 CHO)	4oz 100% Juice ¾ C Broccoli (9 CHO) 2.5 oz Sloppy Joe (2 M) (9 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	½ C Fresh Apple(15 CHO) ¾ C Corn (14 CHO) 2.95 oz WG Double Stuffed Pizza (2 MMA/ 2 WG) (22 CHO) Ketchup Packet (2 CHO)
8 Breakfast Bowl	9 Taco Bites	10 Sweet & Sour Chicken	11 Mini Corn Dogs	12 Bosco Sticks
4oz 100% Juice ¾ C Breakfast Potato Wedges (21 CHO) 1.7 oz Scrambled Eggs (1.5MMA) (>1 CHO) 1.5 oz Cheese Sauce (2 CHO) 1.57 oz Turkey Sausage Links (1 M) (2E) (0 CHO) 2.4 WG Bug Bite Cracker (2WG) (14CHO)	½ C Applesauce Cup (12 CHO) ¾ C Queso Pinto Beans (34 CHO) 4.02 oz Taco Bites (2 WG/2 M) (3E) (30 CHO) Taco Packet (1 CHO)	½ C Fresh Fruit ¾ C Carrots(11 CHO) 1 C Pineapple Ginger Stir Fry Rice (2 WG) (52 CHO) 3.85 oz Tempura Chicken (2 M) (12 CHO) 2 oz Sweet and Sour Sauce (8 CHO)	4oz 100% Juice ½ C Fresh Apple(15 CHO) ¾ C Green Beans (12 CHO) 3.8 oz WG Mini Corn Dogs (6E) (30 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4oz 100% Juice ¾ C Broccoli (12 CHO) 3.3 oz Bosco Sticks (2E) (28 CH) (2 E) (2 WG/1 MMA) Marinara Cup (4 CHO)
15 BBQ Chicken Legs	16 Chicken Nuggets	17 Biscuits & Gravy	18 Turkey Sandwich	19 Mozzarella Dippers
4oz 100% Juice ¾ C Green Beans (12 CHO) 3.85 oz BBQ Chicken Legs (2 E) (2 M) (14 CHO) 2 oz WG Mini Cornbread Loaf (2 WG) (28 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Baked Beans (42 CHO) 3.35 oz WG Breaded Chicken Nuggets (1 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO) Baked WG Pretzel Twists (1 WG) (11 CHO)	½ C Fresh Fruit 4 oz Wango Mango Juice (18 CHO) ½ C Breakfast Potatoes (29 CHO) 2.2 oz WG Buttermilk Biscuit (2WG) (22 CHO) 1.5 Southern Gravy (15 CHO) 2 oz Turkey Sausage Crumbles (1 CHO) (2M)	½ C Red Grapes (14 CHO) 1 C Baby Carrots (9 CHO) 2.24 oz Pullman Bread (2.25 WG) (29 CHO) 1.5 oz Turkey Breast (1.5 M) (>1 CHO) 0.5 oz Swiss American Cheese (0.5 MMA)(1 CHO) Mustard Packet (0 CHO)	4oz 100% Juice ½ C Broccoli (4 CHO) ¼ C Marinara (9CHO) 4.25 oz Mozzarella Pizza Dippers (2 G/ 2 MMA) (3E) (45 CHO)
22 Pulled Chicken Sandwich	23 Coney Dog	24 Meatloaf	25 Waffles	26 Cheese Quesadilla
4oz 100% Juice ¾ C Green Beans (12 CHO) 2.5 oz Pulled Chicken (2 M) (6 CHO) 1.8 oz WG Ciabatta (2.25 WG) (29 CHO) BBQ Cup (15 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Coney Beans (31 CHO) 2.2 oz WG Hotdog Bun (2 WG) (21 CHO) 2.3 oz Turkey Frank (2M) (3 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ¾ C Broccoli (6 CHO) ½ C Mashed Potatoes (28 CHO) ½ C Peas and Carrots (9 CHO) 2.45 oz Meatloaf Patty (2M) (4 CHO) 2 oz Seasoned Gravy (9 CHO) 2.1 oz WG Chocolate Chip Cookie (2WG) (26 CHO)	4oz 100% Juice ½ C Fresh Apple(15 CHO) ¾ C Breakfast Potatoes (17 CHO) 2.02 oz WG Waffles (2E) (27 CHO) (2 WG) (2WG) Turkey Sausage Links (0 CHO) (2E) (2 M) Ketchup Packet (2CHO) Syrup Cup (31 CHO)	4oz 100% Juice 1 C Carrots (12 CHO) 4.02 oz Cheese Quesadilla (2 MMA/ 2WG) (31 CHO) Taoc Packet (1 CHO)
29 Enchilada Bowl	30 Hamburger	31 Ham & Cheesy Potatoes	<i>Menu Subject to Change*</i> <i>Served with 1% White, 1% Chocolate or Fat Free Milk*</i> Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.	
4oz 100% Juice ½ C Corn (9 CHO) ½ C Black Beans (23 CHO) 1 C Brown Rice (2 WG) (48 CHO) 2 oz Enchilada Sauce (2 CHO) 1 oz Queso Cheese (0.5 MM) (2 CHO) 1.5 oz Braised Chicken Thighs (1.5 oz M) (>1 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Carrots (9 CHO) 2.4 oz Beef Patty (2 M) (2 CHO) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ½ C Green Beans (6 CHO) 2 oz Turkey Ham (>1 CHO) (2M) ½ C Cheesy Mashed Potatoes (26 CHO) 2 oz WG Graham Cracker (2 WG) (28 CHO)		

SAMPLE MENU - Innovation Food Service				Senior Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday
1 Enchilada Bowl	2 Chicken Dinner	3 Ham & Cheesy Potatoes	4 Chicken Biscuit With Creamed Corn	5 Breakfast Bowl
(1 PC) Fresh Orange (21 CHO) ½ C Corn (9 CHO) ½ C Black Beans (23 CHO) 1 C Brown Rice (48 CHO) 2 oz Enchilada Sauce (2 CHO) 1 oz Queso Cheese (0.5 MM) (2 CHO) 2.5 oz Braised Chicken Thighs (2.5 M) (>1 CHO)	½ C Applesauce Cup (12 CHO) 1 C Roasted Stew Vegetables (22 CHO) 4.03 oz Chicken Legs (2E) (3 M) (6 CHO) 2 oz Chicken Gravy (9 CHO) 2.24 WG Dinner Rolls (2E) (2W) (26 CHO)	4oz 100% Juice ½ C Cinnamon Brown Sugar Carrots (22 CHO) 3oz Honey Ham (>1 CHO) (3M) ½ C Cheesy Mashed Potatoes (26 CHO) 2 oz WG Graham Cracker (2 WG) (28 CHO)	(1 PC) Fresh Apple(15 CHO) 1 C Creamed Corn (21 CHO) 2.5 oz Buttermilk Biscuit (2 WG) (29 CHO) 3 oz Italian Sausage Chicken Patty (3 M) (2 CHO)	½ C Diced Pears (19 CHO) 1 C Breakfast Potato Wedges (29 CHO) 3 oz Scrambled Eggs (3 MMA) (>1 CHO) 1.5 oz Cheese Sauce (2 CHO) 0.5 oz Cheddar Cheese (0.5 MMA) (>1 CHO) 2.4 WG Graham Cracker (2WG) (2E) (21 CHO)
8 Turkey Burger	9 Sloppy Joe	10 Sweet & Sour Stir Fry	11 Chicken and Dumplings	12 Lasagna Roll Up
(1 PC) Fresh Orange (21 CHO) ½ C Sautéed Mushroom and Onions (4 CHO) ½ C Buttered Corn (8 CHO) 3.2 oz Seasoned Turkey Burger (3 CHO) 2.02 oz Brioche Bun (2 WG) (47 CHO) Mayo Packet (2 CHO)	½ C Applesauce Cup (12 CHO) 4 oz Wango Mango Juice (21 CHO) ½ C Baked Beans (21 CHO) 3.5 oz Sloppy Joe (3 M) (9 CHO) 2.4 oz Cracker Wheat Hamburger Bun (2 WG) (19 CHO)	½ C Mandarin Oranges (21 CHO) 1 C Stir Fry Vegetables (22 CHO) 1 C Pineapple Ginger Brown Rice (2 WG) (52 CHO) 3.85 oz Tempura Chicken (3 M) (12 CHO) 2 oz Sweet and Sour Sauce (11 CHO) Soy Sauce Packet (1 CHO)	(1 PC) Fresh Apple(15 CHO) 1 C 5 Way Vegetables (12 CHO) ¾ C Spaetzle (1.5 WG) (39 CHO) 3 oz Chicken Dumpling Gravy (19 CHO) 3 oz Chicken Breast (3 M) (>2 CHO) 0.5 oz Shortbread Cookie (0.5 WG) (12 CHO)	4oz 100% Juice 4.2 oz WG Lasagna Roll Up (29 CHO) (2 WG/ 3MMA) 1 C Italian Garlic Green Beans (29 CHO) 2.04 oz Mini Breadstick (28 CHO) 2 oz Marinara (9 CHO)
15 BBQ Chicken	16 Chicken With Creamed Spinach	17 Biscuit & Gravy	18 Ham & Swiss Croissant	19 Egg & Cheese Muffin
(1 PC) Fresh Orange (21 CHO) 1 C Roasted Cauliflower (13 CHO) 3.85 oz BBQ Chicken Legs (2 E) (3 M) (14 CHO) 2 oz WG Mini Cornbread Loaf (2 WG) (28 CHO) Honey Packet (14 CHO)	½ C Applesauce Cup (12 CHO) 1 C Creamed Spinach (12 CHO) 3 oz Roasted Red Pepper Sauce (8 CHO) 3 oz Grilled Chicken Breast (3 M) (>1 CHO) 1 C White Rice Pilaf (42 CHO)	4oz Diced Peach (19 CHO) 4 oz Wango Mango Juice (18 CHO) ½ C Breakfast Fries (29 CHO) 2.2 oz WG Buttermilk Biscuit (2WG) (22 CHO) 1.5 Southern Gravy (15 CHO) 3 oz Turkey Sausage Crumbles (1 CHO) (3M)	¾ C Red Grapes (42 CHO) ½ C Cucumbers (2 CHO) ¼ C Sliced Tomatoes (2 CHO) ¼ C Leaf Lettuce (1 CHO) 1.8 oz Croissant (2.25 WG) (29 CHO) 2.5 oz Honey Ham (2.5 M) (>1 CHO) 0.5 oz Swiss Cheese (0.5 MMA)(1 CHO) Dijon Mustard Packet (0 CHO)	½ C Craisin (28 CHO) 1 C Sweet Potato Mash (29 CHO) 2oz English Muffins (2 WG) (25 CHO) 2 oz Egg Patty (2 MMA) (1 CHO) 1 oz Cheddar Cheese (0.5 MMA) (1 CHO) Ketchup Packet (2 CHO)
22 Pulled Chicken Sandwich	23 Dirty Rice	24 Meatloaf	25 Stuffed Cabbage Bowl	26 Scrambled Eggs
(1 PC) Fresh Orange (21 CHO) 1 C Broccoli (12 CHO) 3.5 oz Pulled Chicken (3 M) (11 CHO) 2.4 oz Split Top Hamburger Bun (2 WG) (19 CHO) BBQ Cup (6 CHO)	½ C Applesauce Cup (12 CHO) ½ C Pinto Beans (23 CHO) ½ C Carrots (6 CHO) 1 C Brown Rice (2 WG) (48 CHO) 2 oz Dirty Rice Sauce 3oz Seasoned Chicken Thighs (3 M) (>1 CHO)	4oz 100% Juice ½ C Green Beans (6 CHO) ½ C Mashed Potatoes (28 CHO) 3.45 oz Meatloaf Patty (3M) (4 CHO) 2 oz Seasoned Gravy (9 CHO) 2 oz Vanilla Creme Cookies(2WG) (26 CHO)	(1 PC) Fresh Apple(15 CHO) ½ C Sauerkraut (1 CHO) ½ C Roasted Vegetables (9 CHO) 1 C Seasoned Brown Rice (42 CHO) (2 WG) 3 oz Ground Beef Crumble (3 M) (>1 CHO) 3 oz Marinara 14 CHO)	½ C Applesauce Cup (12 CHO) 4 oz Veggie Dragon Fruit Juice (23 CHO) 3.5 oz Feta and Spinach Scrambled Eggs (3M) (9 CHO) ½ C Breakfast Potatoes (18 CHO) 2.25 oz WG Bagel (2 WG) (35 CHO) Butter Cup(1 CHO) Cream Cheese Cup (2 CHO)
29 Cheeseburger	30 Shaved Pork	31 Chicken Dinner	Menu Subject to Change* <i>Served with 1% White Milk**</i> Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.	
(1 PC) Fresh Orange (21 CHO) 1 C Baked Beans (42 CHO) 2.46 Seeded WG Hamburger Bun (32 CHO) 3.45 All Beef Patty (>1 CHO) (3 M) 0.5 oz Cheddar Cheese (0.5 M) (>1 CHO) Ketchup Packet Mustard Packet	½ C Applesauce Cup (12 CHO) ½ C Garlic Butter Mashed Potatoes (21 CHO) 2 oz Toasted Citrus Gremolata (11 CHO) ½ C Green Beans (6 CHO) 3 oz Pork Chop (13 CHO) Graham Cracker (2WG) (1E) (14CHO)	(1 PC) Fresh Pear (21 CHO) 1 C Roasted Stew Vegetables (22 CHO) 4.03 oz Chicken Legs (2E) (3 M) (6 CHO) 2 oz Chicken Gravy (9 CHO) 2.24 WG Dinner Rolls (2E) (2W) (26 CHO)		