

**JANUARY 2022
K-8TH GRADE LUNCH MENU**

3 Chicken N' Biscuits	4 Waffles	5 Chicken Nuggets	6 Cheese Pizza	7 Mini Corn Dogs
<p>½ C Applesauce Cup (12 CHO) ¾ 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) Butter Cup (2 CHO)</p>	<p>½ C Fresh Orange (23 CHO) ¾ C Tater Tots (19 CHO) 2.34 oz WG Waffle (31 CHO) ½ C Berry Yogurt Cup (14 CHO) (2 MMA) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice* ¾ C Green Beans (14 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)</p>	<p>½ C Fresh Banana (23 CHO) ¾ C Baby Carrots (18 CHO) ½ C Wango Mango Juice (14 CHO) 4.02 oz Cheese Pizza (44 CHO) (2 MMA/2 WG)</p>	<p>4 oz 100% Juice* ¾ C Baked Beans (41 CHO) 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)</p>
10 Cheese Breadsticks	11 English Muffin	12 Chicken Patty	13 Walking Taco	14 Turkey Sausage Pizza
<p>½ C Applesauce Cup (12 CHO) ¾ C Broccoli (12 CHO) 4.22 oz Cheese Stuffed Breadsticks (42 CHO) (2 WG/ 2 MMA) Marinara Cup (14 CHO)</p>	<p>½ C Fresh Orange (23 CHO) ¾ C Tater Tots (19 CHO) 1.5 oz Chicken Sausage (>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)</p>	<p>4 oz 100% Juice* ¾ C Carrot (14 CHO) 3.98 oz Chicken Patty (14 CHO) (2M / 1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) BBQ Packet (2 CHO)</p>	<p>½ C Fresh Banana (23 CHO) ¾ C Black Bean Salad (34 CHO) 1.5 oz Taco Ground Beef (1 CHO) (1.5 MMA) 0.5 oz Colby Shredded Cheddar (1 CHO) (0.5 MMA) 2.15 oz RS Nacho Dorito Bag (21 CHO) (2 WG) Taco Packet (4 CHO)</p>	<p>4 oz 100% Juice* ¾ C Green Beans (19 CHO) 4.38 oz Turkey Sausage Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA) Ketchup Packet (2 CHO)</p>
17 Chicken N' Biscuits	18 Pancakes	19 Chicken Nuggets	20 Cheese Pizza	21 Mini Corn Dogs
<p>½ C Applesauce Cup (12 CHO) ¾ 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) Butter Cup (2 CHO)</p>	<p>½ C Fresh Orange (23 CHO) ¾ C Breakfast Potatoes (28 CHO) 2.34 oz WG Waffle (31 CHO) 2.11 oz Turkey Sausage Links (1 CHO) (2 MMA) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice* ¾ C Green Beans (14 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)</p>	<p>½ C Fresh Banana (23 CHO) ¾ C Baby Carrots (18 CHO) ½ C Wango Mango Juice (14 CHO) 4.02 oz Cheese Pizza (44 CHO) (2 MMA/2 WG)</p>	<p>4 oz 100% Juice* ¾ C Baked Beans (41 CHO) 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)</p>
24 Breakfast Pizza	25 Waffles	26 Chicken Patty	27 Walking Taco	28 Hamburger
<p>½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (19 CHO) 4.38 oz Turkey Sausage Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA) Ketchup Pa</p>	<p>½ C Fresh Orange (23 CHO) ¾ C Hash Brown Rounds (19 CHO) 2.34 oz WG Waffle (31 CHO) ½ C Berry Yogurt Cup (14 CHO) (2 MMA) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)</p>	<p>4 oz 100% Juice* ¾ C Carrot (14 CHO) 3.98 oz Chicken Patty (14 CHO) (2M / 1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) BBQ Packet (2 CHO)</p>	<p>½ C Fresh Banana (23 CHO) ¾ C Black Bean Salad (34 CHO) 1.5 oz Taco Ground Beef (1 CHO) (1.5 MMA) 0.5 oz Colby Shredded Cheddar (1 CHO) (0.5 MMA) 2.15 oz RS Nacho Dorito Bag (21 CHO) (2 WG) Taco Packet (4 CHO)</p>	<p>4 oz 100% Juice* ½ C Green Beans (9 CHO) ½ C Broccoli (6 CHO) 2.1 oz Beef Patty (14 CHO) (2M / 1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) BBQ Packet (2 CHO)</p>
31 Cheese Breadsticks	Menu Subject to Change*			

<p>½ C Applesauce Cup (12 CHO) ¾ C Broccoli (12 CHO) 4.22 oz Cheese Stuffed Breadsticks (42 CHO) (2 WG/ 2 MMA) Marinara Cup (14 CHO)</p>	<p>4800</p>	<p>Served With Milk* Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 I 440-580- www.ifsmeals.com This institution is an equal opportunity provider.</p>
--	-------------	--