

October K-8 Lunch Menu

2017

Monday	Tuesday	Wednesday	Thursday	Friday
Swedish Meatballs 2 4oz 100% juice (15) ¼ c Steamed broccoli 2oz Meatballs in Swedish gravy over ½ c WG pasta (20)	Ham Cheese Melt 3 ½ c Fresh apple (15) ¼ c Diced carrots (9) 1.5oz Sliced turkey ham, 0.5oz sliced American cheese on 2oz WG bread (30)	BBQ Chicken 4 ½ c Fresh banana (15) ¼ c Mixed vegetables (6) 2oz Roasted chicken with BBQ sauce over ½ c Brown rice (22)	Hamburger 5 4oz 100% juice (15) ¼ c Peas and carrots (8) 2oz equ burger patty on 1.5oz WG bun (19) 0.5oz equ WG graham crackers (11) Ketchup	Chicken Taco 6 ½ c Fresh banana (15) ½ c Pinto beans (23) ¼ c Kernel corn (6) 1.5oz Taco seasoned chicken, 0.5oz Shredded cheddar on 2oz WG flatbread (43)
Chicken Nuggets 9 4oz 100% juice (15) ¼ c BBQ beans (39) 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) BBQ packet	Hot Dog 10 ½ c Fresh apple (15) ¼ c Green beans 2oz Turkey hot dog on 1.5oz WG bun (21) 0.5oz equ WG wheat crackers (10) Ketchup	Turkey Cheese Sandwich 11 ½ c Applesauce (15) 4oz vegetable juice (12) ¼ c Fresh baby carrots 1.5oz Sliced turkey breast, 0.5oz sliced American cheese on 2oz WG bread (30) Mayo packet	Chicken Marsala 12 ½ c Fresh apple (15) ¼ c Diced carrots (9) 2oz Roasted chicken with marsala sauce over ½ c Brown rice (22) 1oz equ WG dinner roll (14)	Oven Roasted Chicken Leg 13 ½ c Fresh banana (15) ½ c Mashed potatoes (13) ½ c Broccoli 2oz equ Chicken leg with gravy 1oz equ Waffle snap (21)
Cheese Pizza 16 4oz 100% juice (15) ¼ c Fresh baby carrots (9) WG cheese pizza (37) (2oz meat, 2oz grain)	Pasta with Meatballs 17 ½ c Fresh apple (15) ¼ c Green beans ½ c WG pasta (20) with ¼ c marinara sauce 2oz Meatballs	Sloppy Joe 18 ½ c Fresh banana (15) ¼ c Steamed broccoli ¼ c Diced carrots 2oz Sloppy joe meat on 1.5oz WG bun (19) 0.5oz equ WG wheat crackers (10)	Corn Dog 19 4oz 100% juice (15) ¼ c Tater tots (20) WG chicken corn dog (30) (2oz meat, 2oz grain) Ketchup packet	Fiesta Chicken Bowl 20 ½ c Fresh banana (15) ½ c Pinto beans (23) ¼ c Kernel Corn (6) 2oz Roasted chicken with ¼ c salsa over ½ c Brown rice (22)
Chicken Nuggets 23 4oz 100% juice (15) ¼ c Green beans 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) BBQ packet	Creamy Beef Macaroni 24 ½ c Fresh apple (15) ¼ c Diced carrots (9) ½ c WG macaroni (20) 2oz Ground beef with brown gravy	Hot Dog 25 ½ c Fresh banana (15) 1c Peas and carrots (10) 2oz Turkey hot dog on 1.5oz WG bun (21) 0.5oz equ WG wheat crackers (10) Ketchup	Turkey Cheese Melt 26 4oz 100% juice (15) ¼ c BBQ beans (39) 1.5oz Sliced turkey breast, 0.5oz sliced American cheese on 2oz WG bread (30)	Roasted Chicken Penne 27 ½ c Fresh banana (15) ¼ c Steamed broccoli 2oz Roasted chicken over ½ c WG pasta (39) with ¼ c marinara sauce 1oz WG dinner roll (14)
Mac and Cheese 30 4oz 100% juice (15) ¼ c Broccoli ½ c WG pasta (20) with 2oz equ cheese sauce 1oz WG graham crackers (18)	Bourbon Chicken Leg 31 ½ c Fresh apple (15) ½ c Pinto beans (23) ¼ c Diced carrots 2oz equ Chicken leg with bourbon sauce over ½ c Brown rice (22)			Menu Subject to Change. Each meal served with choice of 1c 1% milk (12g) or 1c fat- free flavored milk (22g). Enjoy!

innovation foods

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

www.ifsm meals.com

This institution is an equal opportunity provider.