

September 2020

LUNCH MENU

LUNCH



School Information: **INNOCADEMY:** 2611 56TH STREET, FENNVILLE, MICHIGAN 49408
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Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

	Nuggets, Carrots, Fruit, & Milk 1	Chicken Sandwich, Tater tots, Corn, Fruit, & Milk 2	Hot dog, Fries, Fruit, Greens beans, & Milk 3	No School 4
No School 7	Mac-n-Cheese, Breadstick, Corn, Fruit, & Milk 8	Chicken Drumstick, Tater tots, Biscuit, Green beans, Fruit, & Milk 9	Cheeseburger, Smile Potatoes, Broccoli, Fruit, & Milk 10	Mini Pancakes, Sausage link, Yogurt, Fruit, & Milk 11
Nuggets, Bosco Stick, Broccoli, Fruit, & Milk 14	Mini Pancakes, Cheese omelets, Hash Browns, Fruit, & Milk 15	Mac-N-Cheese, Mini Corn Dog, Corn, Fruit, & Milk 16	Meatball Sub, Hummus & Peppers, Green Beans, Fruit, & Milk 17	Early Release- No Lunch 18
Hot Dog w/ Bun, Fries, Green Beans, Fruit, & Milk 21	French Toast, Sausage link, Potato Circles, Fruit, & Milk 22	Chicken Quesadilla, Mexica Rice or Corn, Refried Beans, Fruit, & Milk 23	Chicken Nuggets, Potato Smiles, Baked Beans. Fruit, & Milk 24	Pizza Rolls, Breadstick with Sauce, Broccoli, Fruit, & Milk 25
Mini Corndog, Mac-N-Cheese, Corn, Fruit, & Milk 28	French Toast, Sausage, potato Circles, Fruit, & Milk 29	Beef/Bean/Cheese Burrito Mixed Veggies, Refried Beans, Fruit, & Milk 30		