


**K-8TH GRADE BREAKFAST
OCTOBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change* <i>Served with 1% White Milk*</i>  1550 Enterprise Parkway Twinsburg, OH 44087 440-830-4300 www.ifsmeals.com This institution is an equal opportunity provider.			1	2
			4oz 100% Juice ½ C Fresh Orange (21 CHO) Danimal Yogurt (1 oz MMA) (14 CHO) Graham Cracker (1 oz WG) (11 CHO)	4oz 100% Juice ½ C Fresh Fruit (12-15 CHO) Fruit Loops (1 oz WG) (24 CHO)
5	6	7	8	9
4oz 100% Juice ½ C Applesauce (12 CHO) Crunch Mania (2 oz WG) (37 CHO)	4oz 100% Juice ½ C Fresh Apple (15 CHO) Ultimate Chewy Breakfast Round (2 oz WG) (44 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO) Trix Cereal (1 oz WG) (24 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Cherry Strudel (2 oz WG) (36 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Cocoa Puff (1 oz WG) (25 CHO)
12	13	14	15	16
4oz 100% Juice ½ C Applesauce (12 CHO) Strawberry & Cream Cheese Bagel (2 oz WG) (42 CHO)	4oz 100% Juice ½ C Fresh Apple (15 CHO) Triple Berry Crunch Bar (2 oz WG) (43 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO) Lucky Charm Cereal (1 oz WG) (23 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Honey Breakfast Bun (2 oz WG) (34 CHO)	4oz 100% Juice ½ C Fresh Fruit (12-15 CHO) Kix Cereal (1 oz WG) (14 CHO)
19	20	21	22	23
4oz 100% Juice ½ C Applesauce (12 CHO) Frosted Pop-Tart (1.5 oz WG) (38 CHO)	4oz 100% Juice ½ C Fresh Apple (15 CHO) Lemon Crunch Bar (2 oz WG) (42 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO) Golden Graham Cereal (1 oz WG) (34 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Danimal Yogurt (1 oz MMA) (14 CHO) Graham Cracker (1 oz WG) (11 CHO)	4oz 100% Juice ½ C Fresh Fruit (12-15 CHO) Fruit Loops (1 oz WG) (24 CHO)
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