

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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)
9	10	11	12	13
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)
16	17	18	19	20
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 (21CHO) Cherry Strudel (2 oz WG) (36 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Cocoa Puff (1 oz WG) (25 CHO)
23	24	25	26	27
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)
30	<p><i>Menu Subject to Change*</i> Served with 1% White Milk*</p> <p align="center">innovation foods 1550 Enterprise Parkway Twinsburg, OH 44087 330.388.8888 www.wifsmcals.com This institution is an equal opportunity provider.</p>			
4oz 100% Juice ½ C Applesauce (12 CHO) Frosted Pop-Tart (1.5 oz WG) (38 CHO)				