

**K-8TH GRADE BREAKFAST MENU  
DECEMBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	4oz 100% Juice ½ Cup Craisin (28 CHO) Cherry Apple Crunch Bar (2 WG) (42 CHO)	4oz 100% Juice ½ C Fresh Fruit Apple Jacks Cereal RS (1 oz WG) (24 CHO)	4oz 100% Juice ½ C Applesauce (12 CHO) Mini Cinnamon Rolls (2 WG) (40 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Strawberry Fruit and Grain Bar (1 WG) (28 CHO)
7	8	9	10	11
4oz 100% Juice ½ C Fresh Apple (15 CHO) Cinnamon Toast Crunch Cereal RS (1 oz WG) (22 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO) Crunch Mania (2 WG) (27 CHO)	4oz 100% Juice ½ C Fresh Fruit Cheerios Cereal (1 oz WG) (21 CHO)	4oz 100% Juice ½ C Applesauce (12 CHO) Apple Strudel (2 WG) (36 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Blueberry Lemon Graham Bites (1 WG) (21 CHO)
14	15	16	17	18
4oz 100% Juice ½ C Fresh Apple (15 CHO) Cocoa Puff Cereal RS (1 oz WG) (25 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO) Cream Cheese Cinnamon Bagel Bites (2WG) (42 CHO)	4oz 100% Juice ½ C Fresh Fruit Trix Cereal RS (1 oz WG) (24 CHO)	4oz 100% Juice ½ C Applesauce (12 CHO) Chewy Breakfast Round (2 WG) (44 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Frosted Pop-Tart (1 WG) (36 CHO)
21	22	23	24	25
4oz 100% Juice ½ C Fresh Apple (15 CHO) Frosted Flakes RS (1 oz WG) (24 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO ) Cherry Apple Crunch Bar (2 WG) (42 CHO)	4oz 100% Juice ½ C Fresh Fruit Apple Jacks Cereal RS (1 oz WG) (24 CHO)	4oz 100% Juice ½ C Applesauce (12 CHO) Mini Cinnamon Rolls (2 WG) (40 CHO)	4oz 100% Juice ½ C Fresh Orange (21 CHO) Strawberry Fruit and Grain Bar (1 WG) (28 CHO)
28	29	30	31	
4oz 100% Juice ½ C Fresh Apple (15 CHO) Cinnamon Toast Crunch Cereal RS (1 oz WG) (22 CHO)	4oz 100% Juice ½ Cup Craisin (28 CHO) Crunch Mania (2 WG) (27 CHO)	4oz 100% Juice ½ C Fresh Fruit Cheerios Cereal (1 oz WG) (21 CHO)	4oz 100% Juice ½ C Applesauce (12 CHO) Apple Strudel (2 WG) (36 CHO)	

*Menu Subject to Change\**

*Served with 1% White\**

**Innovation Foods**

1550 Enterprise Parkway  
Twinsburg, OH 44087 | 440-580-4800  
[www.ifsmeals.com](http://www.ifsmeals.com)

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**K-8TH GRADE LUNCH  
DECEMBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Quesadilla	2 Pancakes	3 Bosco Sticks	4 Chicken Nuggets
	½ C Applesauce Cup (12 CHO) ¾ C Corn (14 CHO) 4.02 oz Cheese Quesadilla (2 WG/2 M) (3E) (31 CHO) Taco Packet (1 CHO)	½ C Fresh Fruit ¾ C Tater Tots (18 CHO) 2.55 oz Pancakes (2 WG) (28 CHO) 2.34 Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)	½ C Fresh Apple (15 CHO) ¾ C Carrots (9 CHO) 3.78 oz Bosco Stick (2 G/ 2 MMA) (2E) (28 CHO) Marinara Cup (4 CHO)	4oz 100% Juice 1 C Mixed Vegetables (9 CHO) 3.35 oz Chicken Nuggets (2 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO)
7 Enchilada Bowl	8 Breakfast Pizza	9 Chicken Parmesan	10 Turkey Ciabatta	11 Chicken Patty
4oz 100% Juice ½ C Corn (9 CHO) ½ C Black Beans (23 CHO) 1C Brown Rice tossed in Enchilada Sauce (2 WG) (33 CHO) 0.75 oz Queso Cheese (0.5 MMA) (1 CHO) 1.5 oz Ground Beef (1.5 oz M) (0 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (18 CHO) 2.95 oz Turkey Bacon Scramble Pizza (2 MMA/ 2 WG) (22 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ½ C Green Beans (4 CHO) ¼ C Marinara (6 CHO) ¾ C Penne Pasta (1.5 G) (32 CHO) 1.5 oz Italian Sausage Crumbles (1.5 M) (0 CHO) 0.5 oz Mozzarella Cheese (0.5 MMA) (1 CHO)	½ C Fresh Apple (15 CHO) ¾ C Baby Carrots (12 CHO) 1.8 oz Ciabatta (2.25 WG) (29 CHO) 1.5 oz Turkey Breast (1.5 M) (>1 CHO) 0.5 oz Swiss American Cheese (0.5 MMA)(1 CHO) Ranch Packet (2 CHO) Mustard Packet (0 CHO)	4oz 100% Juice ¾ C Broccoli (6 CHO) 2.1 oz Breaded Chicken Patty (0.5 G/2 M) (16 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)
14 Chicken & Dirty Rice	15 Waffles	16 Ham & Cheesy Mashed Potatoes	17 Taco Bites	18 Double Stuffed Pizza
4oz 100% Juice ¾ C Carrots (9 CHO) 1 C Pinto Beans (21 CHO) 1 C Dirty Brown Rice (2 WG) (48 CHO) 2 oz Seasoned Chicken Thighs (2 M) (>1 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (18 CHO) 2.46 oz Waffles (2 G) (2E) (27 CHO) 2.34 oz Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)	½ C Fresh Fruit ½ C Green Beans (4 CHO) 2 oz Turkey Ham (>1 CHO) 4 oz Cheesy Mashed Potatoes (26 CHO) 1 oz Cornbread Loaf (1 WG) (28 CHO)	½ C Fresh Apple(15 CHO) ¾ C Corn (14 CHO) 4.02 oz Taco Bites (2 WG/2 M) (3E) (30 CHO) Taco Packet (1 CHO)	4oz 100% Juice ½ C Broccoli (4 CHO) ¾ C Marinara (6 CHO) 3.75 oz Double Stuffed Mozzarella Cheese Pizza (2 WG / 2MMA) (30 CHO)
21 BBQ Chicken Legs	22 Breakfast Sandwich	23 Mac N' Cheese	24 Chicken Tenders	25 Mini Corn Dogs
4oz 100% Juice ¾ C Fresh Orange (21 CHO) ¾ C Carrots (9 CHO) 4.03 oz Chicken Legs Glazed With BBQ (6 CHO) 2 oz WG Chocolate Chip Cookie (2 WG) (13 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Tater Tots (18 CHO) 2oz English 1 C Tater Tots (18 CHO)Muffins (2 WG) (25 CHO) 1.5 oz Egg Patty (1.5 MMA) (1 CHO) 1 oz American Cheese (0.5 MMA) (1 CHO) Ketchup Packet (2 CHO)	½ C Fresh Fruit ½ C Peas (6 CHO) ¼ C Carrots (6 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 2 oz Cheddar Cheese (2 MMA) (3 CHO)	½ C Fresh Apple (15 CHO) ¾ C Broccoli (6 CHO) 3.35 oz Breaded Chicken Tenders (1WG / 2 M) (3E) (16 CHO) BBQ Packet (2 CHO)	4oz 100% Juice ¾ C Green Beans (6 CHO) 4.04 oz Breaded Mini Chicken Corn Dogs (6 E) (2M/2WG) (30 CHO) Ketchup Packet (2 CHO)
28 Hamburger	29 Chicken Nuggets	30 Pancakes	31 Bosco Sticks	
4oz 100% Juice ¾ C Broccoli (6 CHO) 2.1 oz Beef Patty (2 M) (2 CHO) 2.4 oz Hamburger Bun (2 WG) (19 CHO) Ketchup Packet (2 CHO)	½ C Applesauce Cup (12 CHO) ¾ C Mixed Vegetables (9 CHO) 3.35 oz Chicken Nuggets (2 G/ 2 M) (5 E) (14 CHO) BBQ Packet (2 CHO)	½ C Fresh Fruit ¾ C Tater Tots (18 CHO) 2.55 oz Pancakes (2 WG) (28 CHO) 2.34 Turkey Sausage Links (2 M) (2E) (0 CHO) Ketchup Packet (2 CHO) Syrup Cup (31 CHO)	½ C Fresh Apple (15 CHO) 1 C Carrots (12 CHO) 3.78 oz Bosco Stick (2 G/ 2 MMA) (2E) (28 CHO) Marinara Cup (4 CHO)	

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*Served with 1% White, 1% Chocolate or Fat Free Milk\**

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