

K-8TH GRADE BREAKFAST MENU

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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)
8	9	10	11	12
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)
15	16	17	18	19
4oz 100% Juice ½ C Fresh Apple (15 CHO) (Cinnamon) 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 (2 WG) (28 CHO)
22	23	24	25	26
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)
29	30	31	<p><i>Menu Subject to Change*</i> Served with 1% White* Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmenu.com This institution is an equal opportunity provider.</p>	
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)		