

AUGUST 2021
K-8TH BREAKFAST MENU

| 2 | 3 | 4 | 5 | 6 |
|--|---|---|--|--|
| 4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Apple Jacks Cereal Bowl (1 oz WG) (14 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Triple Berry Crunch Bar (2 oz WG) (43 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cheerio Cereal Bowl (1 oz WG) (14 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Honey Bun (2 oz WG) (34 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Frosted Flake (1 oz WG) (24 CHO) |
| 9 | 10 | 11 | 12 | 13 |
| 4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Cinnamon Toast Crunch RS (1 oz WG) (22 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Crunch Mania (2 oz WG) (27 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Apple Strudel (2 oz WG) (36 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Chex Cereal (1 oz WG) (24 CHO) |
| 16 | 17 | 18 | 19 | 20 |
| 4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Golden Grahams Cereal Bowl (1 oz WG) (23 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Trix Cereal Bowl (1 oz WG) (24 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Chewy Breakfast Round (2 oz WG) (44 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Froot Loops Cereal (1 WG) (24 CHO) |
| 23 | 24 | 25 | 26 | 27 |
| 4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Apple Jacks Cereal Bowl (1 oz WG) (14 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Triple Berry Crunch Bar (2 oz WG) (43 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cheerio Cereal Bowl (1 oz WG) (14 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Honey Bun (2 oz WG) (34 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Frosted Flake (1 oz WG) (24 CHO) |
| 30 | 31 | <i>Menu Subject to Change*</i> | | |
| 4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Cinnamon Toast Crunch RS (1 oz WG) (22 CHO) | 4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Crunch Mania (2 oz WG) (27 CHO) | <p><i>Innovation Foods</i> 1550 Enterprise Parkway Twinsburg, OH 44087 I 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.</p> <p><i>Served With 1%, 1% Chocolate Milk or Fat Free Milk*</i></p> | | |

AUGUST 2021
9-12TH BREAKFAST MENU

| 2 | 3 | 4 | 5 | 6 |
|---|--|---|---|---|
| <p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Apple (21 CHO)</p> <p>Triple Berry Crunch Bar (2 oz WG) (43 CHO)</p> | <p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Cheerio Cereal Bowl (1 oz WG) (14 CHO) Graham Cracker (1 oz WG) (8 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Honey Bun (2 oz WG) (34 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Frosted Flake (1 oz WG) (24 CHO)</p> |
| 9 | 10 | 11 | 12 | 13 |
| <p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Cinnamon Toast Crunch RS (1 oz WG) (22 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Apple (21 CHO)</p> <p>Crunch Mania (2 oz WG) (27 CHO)</p> | <p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Apple Strudel (2 oz WG) (36 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Chex Cereal (1 oz WG) (24 CHO)</p> |
| 16 | 17 | 18 | 19 | 20 |
| <p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Apple (21 CHO)</p> <p>Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)</p> | <p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Chewy Breakfast Round (2 oz WG) (44 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Froot Loops Cereal (1 WG) (24 CHO)</p> |
| 23 | 24 | 25 | 26 | 27 |
| <p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Apple (21 CHO)</p> <p>Triple Berry Crunch Bar (2 oz WG) (43 CHO)</p> | <p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Cheerio Cereal Bowl (1 oz WG) (14 CHO) Elf Graham (1 oz WG) (17 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Honey Bun (2 oz WG) (34 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Frosted Flake (1 oz WG) (24 CHO)</p> |
| 30 | 31 | <p><i>Menu Subject to Change*</i></p> <p><i>Innovation Foods</i> 1550 Enterprise Parkway Twinsburg, OH 44087 I 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.</p> <p><i>Served With 1%, 1% Chocolate Milk or Fat Free Milk*</i></p> | | |
| <p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Cinnamon Toast Crunch RS (1 oz WG) (22 CHO)</p> | <p>4oz 100% Juice ½ C Fresh Apple (21 CHO)</p> <p>Crunch Mania (2 oz WG) (27 CHO)</p> | | | |