

OCTOBER 2021  
K-8TH 3 DAY HOT BREAKFAST MENU

*Menu Subject to Change\**

*Innovation Foods*

1550 Enterprise Parkway

Twinsburg, OH 44087 | 440-580-4800

[www.ifsmeals.com](http://www.ifsmeals.com)

This institution is an equal opportunity provider.

*Served With 1%, 1% Chocolate Milk or Fat Free Milk\**

1

4oz 100% Juice  
½ C Fresh Banana (23 CHO)

Infused Maple Waffle  
(2 WG) (42 CHO)

4	5	6	7	8
4oz 100% Juice ½ C Raisin (21 CHO)  Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO)  Mini Cinni French Toast Sticks (2 oz WG) (43 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO)  Cheerio Cereal Bowl (1 oz WG) (14 CHO) Elf Graham (1 oz WG) (17 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO)  Honey Bun (2 oz WG) (34 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO)  Strawberry Stuffed Bagel Bites (1 oz WG) (37 CHO)
11	12	13	14	15
4oz 100% Juice ½ C Raisin (21 CHO)  Cinnamon Toast Crunch RS (1 oz WG) (22 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO)  Confetti Infused Mini Pancakes (2 oz WG) (37 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO)  Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO)  Apple Strudel (2 oz WG) (36 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO)  Frosted Pop-Tart (1 oz WG) (36 CHO)
18	19	20	21	22
4oz 100% Juice ½ C Raisin (21 CHO)  Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO)  Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO)  Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO)  Mini Blueberry Bash Waffles (2 oz WG) (37 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO)  Infused Maple Waffle (2 WG) (42 CHO)
25	26	27	28	29
4oz 100% Juice ½ C Raisin (21 CHO)  Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO)  Mini Cinni French Toast Sticks (2 oz WG) (43 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO)  Cheerio Cereal Bowl (1 oz WG) (14 CHO) Elf Graham (1 oz WG) (17 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO)  Honey Bun (2 oz WG) (34 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO)  Strawberry Stuffed Bagel Bites (1 oz WG) (37 CHO)