

NOVEMBER 2021  
K-8TH 3 DAY HOT BREAKFAST MENU

1	2	3	4	5
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) Tiger 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)
8	9	10	11	12
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 Waffle (2 oz WG) (41 CHO)
15	16	17	18	19
4oz 100% Juice ½ C Raisin (21 CHO)  Lucky Charms Cereal Bowl (1 oz WG) (23 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) Tiger 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 Bagel Bites (2 oz WG) (42 CHO)
22	23	24	25 THANKSGIVING	26
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) Graham Cracker (1 oz WG) (8 CHO)	NO SERVICE	4oz 100% Juice ½ C Fresh Banana (23 CHO)  Frosted Pop-Tart (1 oz WG) (36 CHO)
29	30	<i>Menu Subject to Change*</i> <i>Innovation Foods</i> 1550 Enterprise Parkway Twinsburg, OH 44087   440-580-4800 <a href="http://www.ifsmeals.com">www.ifsmeals.com</a> This institution is an equal opportunity provider. Served With 1%, 1% Chocolate Milk or Fat Free Milk*		
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)			