

**DECEMBER 2021
K-8TH GRADE BREAKFAST MENU**

Menu Subject to Change* <i>Served With Milk*</i> Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.				
		1	2	3
		4oz 100% Juice ½ C Applesauce Cup (12 CHO) Frosted Pop-Tart (1 oz WG) (36 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Cocoa Puff Cereal Bar (2 oz WG) (30 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO) Lucky Charms Cereal Bowl (1 oz WG) (24 CHO)
6	7	8	9	10
4oz 100% Juice ½ C Raisin (21 CHO) Cinnamon Toast Crunch RS Cereal Bowl (1 oz WG) (22 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Blueberry Lemon Graham Cracker Bites (2 oz WG) (21 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Cheerio Cereal Bowl (1 oz WG) (14 CHO) Graham Cracker (1 oz WG) (8 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) Golden Graham Cereal Bar (1 oz WG) (24 CHO)
13	14	15	16	17
4oz 100% Juice ½ C Raisin (21 CHO) Apple Cinnamon Cereal Bowl (1 oz WG) (24 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Frosted Mini Wheats Cereal Bowl (1 oz WG) (24 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Tiger Graham (1 oz) (21 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Trix Cereal Bar (1 WG) (29 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO) Chex Cereal (1 oz WG) (24 CHO)
20	21	22	23	24
4oz 100% Juice ½ C Raisin (21 CHO) Crunch Mania (2 WG) (27 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Cinnamon Brown Sugar Graham Cracker Bites (2 oz WG) (23 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Frosted Pop-Tart (1 oz WG) (36 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice ½ C Fresh Orange (23 CHO) Cocoa Puff Cereal Bar (2 oz WG) (30 CHO)	4oz 100% Juice ½ C Fresh Banana (23 CHO) Lucky Charms Cereal Bowl (1 oz WG) (24 CHO)
27	28	29	30	31
4oz 100% Juice ½ C Raisin (21 CHO) Cinnamon Toast Crunch RS Cereal Bowl (1 oz WG) (22 CHO)	4oz 100% Juice ½ C Fresh Apple (21 CHO) Blueberry Lemon Graham Cracker Bites (2 oz WG) (21 CHO)	4oz 100% Juice ½ C Applesauce Cup (12 CHO) Cheerio Cereal Bowl (1 oz WG) (14 CHO) Tiger Graham (1 oz) (21 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) Golden Graham Cereal Bowl (1 oz WG) (24 CHO)