

**JANUARY 2022  
K-8TH GRADE BREAKFAST MENU**

| 3  | 4  | 5   | 6   | 7  |
|--|--|---|---|--|
| 4oz 100% Juice<br>$\frac{1}{2}$ C Raisin (21 CHO)<br><b>Cinnamon Toast Crunch RS Cereal Bowl</b><br>(1 oz WG) (22 CHO) | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Apple (21 CHO)<br><b>Chocolate Chip Oatmeal Breakfast Bar</b><br>(2 oz WG) (24 CHO)  | 4oz 100% Juice<br>$\frac{1}{2}$ C Applesauce Cup (12 CHO)<br><b>Frosted Flake Cereal Bowl</b><br>(1 oz WG) (25 CHO)<br><b>Graham Cracker</b><br>(1 oz WG) (8 CHO)     | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Orange (23 CHO)<br><b>Blueberry Lemon Graham Bites</b><br>(2 oz WG) (21 CHO)      | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Banana (23 CHO)<br><b>Golden Graham Cereal Bar</b><br>(2 oz WG) (24 CHO)         |
| 10   | 11   | 12  | 13  | 14   |
| 4oz 100% Juice<br>$\frac{1}{2}$ C Raisin (21 CHO)<br><b>Lucky Charms Cereal Bowl</b><br>(1 oz WG) (23 CHO)             | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Apple (21 CHO)<br><b>Honey Bun</b><br>(2 oz WG) (34 CHO)   | 4oz 100% Juice<br>$\frac{1}{2}$ C Applesauce Cup (12 CHO)<br><b>Colossal Berry Crunch Cereal Bowl</b><br>(1 oz WG) (25 CHO)<br><b>Tiger Graham</b><br>(1 oz) (21 CHO) | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Orange (23 CHO)<br><b>Frosted Pop-Tart</b><br>(2 oz WG) (34 CHO)                  | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Banana (23 CHO)<br><b>Cinnamon Toast Crunch Cereal Bar</b><br>(2 oz WG) (24 CHO) |
| 17   | 18   | 19  | 20  | 21   |
| 4oz 100% Juice<br>$\frac{1}{2}$ C Raisin (21 CHO)<br><b>Crispy Rice Cereal Bowl</b><br>(1 oz WG) (16 CHO)              | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Apple (21 CHO)<br><b>Butterscotch Oatmeal Breakfast Bar</b><br>(2 oz WG) (25 CHO)  | 4oz 100% Juice<br>$\frac{1}{2}$ C Applesauce Cup (12 CHO)<br><b>Cocoa Roo Cereal Bowl</b><br>(1 oz WG) (24 CHO)<br><b>Graham Cracker</b><br>(1 oz WG) (8 CHO)         | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Orange (23 CHO)<br><b>Brown Sugar Cinnamon Graham Bites</b><br>(2 oz WG) (21 CHO) | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Banana (23 CHO)<br><b>Trix Cereal Bar</b><br>(2 oz WG) (29 CHO)                  |
| 24   | 25   | 26  | 27  | 28   |
| 4oz 100% Juice<br>$\frac{1}{2}$ C Raisin (21 CHO)<br><b>Cinnamon Toast Crunch RS Cereal Bowl</b><br>(1 oz WG) (22 CHO) | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Apple (21 CHO)<br><b>Chocolate Chip Oatmeal Breakfast Bar</b><br>(2 oz WG) (24 CHO)  | 4oz 100% Juice<br>$\frac{1}{2}$ C Applesauce Cup (12 CHO)<br><b>Frosted Flake Cereal Bowl</b><br>(1 oz WG) (25 CHO)<br><b>Graham Cracker</b><br>(1 oz WG) (8 CHO)     | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Orange (23 CHO)<br><b>Frosted Pop-Tart</b><br>(2 oz WG) (34 CHO)                  | 4oz 100% Juice<br>$\frac{1}{2}$ C Fresh Banana (23 CHO)<br><b>Golden Graham Cereal Bar</b><br>(2 oz WG) (24 CHO)         |
| 31   | <b>Menu Subject to Change*</b><br>Served With Milk*<br>Innovation Foods<br>1550 Enterprise Parkway<br>Twinsburg, OH 44087 I 440-580-<br><a href="http://www.ifsmeals.com">www.ifsmeals.com</a><br>This institution is an equal opportunity provider. |   |   |  |
| 4oz 100% Juice<br>$\frac{1}{2}$ C Raisin (21 CHO)<br><b>Lucky Charms Cereal Bowl</b><br>(1 oz WG) (23 CHO)             | 4800   |   |   |  |

