

FEBRUARY 2022

K-8TH GRADE BREAKFAST MENU

<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.</p>	<p>1</p> <p>4oz 100% Juice* Fresh Apple ($\frac{1}{2}$ Cup - 21 CHO) Honey Bun (2 oz WG - 34 CHO)</p>	<p>2</p> <p>4oz 100% Juice* Applesauce Cup ($\frac{1}{2}$ Cup - 12 CHO) Trix Cereal Bowl (1 oz WG - 25 CHO) Graham Cracker (1 oz WG - 8 CHO)</p>	<p>3</p> <p>4oz 100% Juice* Fresh Orange ($\frac{1}{2}$ Cup - 23 CHO) Frosted Pop-Tart (2 oz WG - 34 CHO)</p>	<p>4</p> <p>4oz 100% Juice* Fresh Banana ($\frac{1}{2}$ Cup - 23 CHO) Cinnamon Toast Crunch Cereal Bar (2 oz WG - 24 CHO)</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>4oz 100% Juice* Craisin ($\frac{1}{2}$ Cup - 24 CHO) Crispy Rice Cereal Bowl (1 oz WG - 16 CHO)</p>	<p>4oz 100% Juice* Fresh Apple ($\frac{1}{2}$ Cup - 21 CHO) Butterscotch Oatmeal Breakfast Bar (2 oz WG - 25 CHO)</p>	<p>4oz 100% Juice* Applesauce Cup ($\frac{1}{2}$ Cup - 12 CHO) Corn Flake Cereal Bowl (1 oz WG - 18 CHO) Teddy Grahams (1 oz WG - 16 CHO)</p>	<p>4oz 100% Juice* Fresh Orange ($\frac{1}{2}$ Cup - 23 CHO) Trix Cereal Bar (2 oz WG - 29 CHO)</p>	<p>4oz 100% Juice* Fresh Banana ($\frac{1}{2}$ Cup - 23 CHO) Cheerio Cereal (1 oz WG - 21 CHO)</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>4oz 100% Juice* Craisin ($\frac{1}{2}$ Cup - 24 CHO) Cinnamon Toast Crunch RS Cereal Bowl (1 oz WG - 22 CHO)</p>	<p>4oz 100% Juice* Fresh Apple ($\frac{1}{2}$ Cup - 21 CHO) Chocolate Chip Oatmeal Breakfast Bar (2 oz WG - 24 CHO)</p>	<p>4oz 100% Juice* Applesauce Cup ($\frac{1}{2}$ Cup - 12 CHO) Frosted Flake Cereal Bowl (1 oz WG - 25 CHO) Graham Cracker (1 oz WG - 8 CHO)</p>	<p>4oz 100% Juice* Fresh Orange ($\frac{1}{2}$ Cup - 23 CHO) Golden Graham Cereal Bar (2 oz WG - 24 CHO)</p>	<p>4oz 100% Juice* Fresh Banana ($\frac{1}{2}$ Cup - 23 CHO) Colossal Berry Crunch Cereal Bowl (1 oz WG - 25 CHO)</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>4oz 100% Juice* Craisin ($\frac{1}{2}$ Cup - 24 CHO) Lucky Charms Cereal Bowl (1 oz WG - 23 CHO)</p>	<p>4oz 100% Juice* Fresh Apple ($\frac{1}{2}$ Cup - 21 CHO) Honey Bun (2 oz WG - 34 CHO)</p>	<p>4oz 100% Juice* Applesauce Cup ($\frac{1}{2}$ Cup - 12 CHO) Trix Cereal Bowl (1 oz WG - 25 CHO) Graham Cracker (1 oz WG - 8 CHO)</p>	<p>4oz 100% Juice* Fresh Orange ($\frac{1}{2}$ Cup - 23 CHO) Frosted Pop-Tart (2 oz WG - 34 CHO)</p>	<p>4oz 100% Juice* Fresh Banana ($\frac{1}{2}$ Cup - 23 CHO) Cinnamon Toast Crunch Cereal Bar (2 oz WG - 24 CHO)</p>
<p>28</p>	<p style="text-align: center;">Menu Subject to Change</p> <p style="text-align: center;">Choice of 1 cup unflavored 1% white milk (13 CHO) or chocolate fat free milk (20 CHO)</p> <p style="text-align: center;">Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*</p>			
<p>4oz 100% Juice* Craisin ($\frac{1}{2}$ Cup - 24 CHO) Crispy Rice Cereal Bowl (1 oz WG - 16 CHO)</p>				