

## AUGUST 2022 - BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  FROSTED POP TART (1.25 OZ WG - 38 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  CRUNCH MANIA (2 OZ WG - 37 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  CHEX CEREAL (1 OZ WG - 24 CHO)		½ CUP 100% JUICE* ½ C ORANGE (17 CHO)  HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
8		9		10		11		12	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  COCOA PUFF BAR (1 OZ WG - 30 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  FROSTED FLAKE CEREAL (1 WG - 25 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)  LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  CINNAMON TOAST CRUNCH CEREAL (1 WG - 22 OZ)	
15		16		17		18		19	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  TRIX BAR (1 OZ WG - 29 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  TRIPLE BERRY BAR (2 OZ WG - 43 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  CHEERIO CEREAL (1 WG - 14 CHO)		½ CUP 100% JUICE* ½ C ORANGE (17 CHO)  MINI CINNAMON ROLLS (2 WG - 40 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  LUCKY CHARM CEREAL (1 WG - 23 CHO)	
22		23		24		25		26	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  FROSTED POP TART (1.25 OZ WG - 38 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  CRUNCH MANIA (2 OZ WG - 37 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  CHEX CEREAL (1 OZ WG - 24 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO)  HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
29		30		31	<b>Innovation Foods</b> 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  Menu Subject to Change. Served With Milk. *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)				
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO)  COCOA PUFF BAR (1 OZ WG - 30 CHO)		½ CUP 100% JUICE* ½ C CRAISIN (27 CHO)  BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO)  FROSTED FLAKE CEREAL (1 WG - 25 CHO)					

## AUGUST 2022 - LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1. TACO BITES</b>	<b>2. MINI CORN DOGS</b>	<b>3. CHICKEN NUGGETS</b>	<b>4. BREAKFAST SANDWICH</b>	<b>5. CHICKEN AND BISCUITS</b>
½ C 100% Juice* ¼ C Taco Beans (36 CHO) Taco Bites (2 MMA/2 WG - 31 CHO) Taco Packet (1 CHO)	½ C Orange (17 CHO) ¼ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO) Ketchup Packet (2 CHO)	½ C Applesauce (14 CHO) ¼ C Baked Beans (42 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)	½ C 100% Juice* ¼ C Potato Rounds (20 CHO) Egg Patty (1.5MMA - 2 CHO) American Cheese (0.5 MMA - 1 CHO) English Muffin (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Banana (21 CHO) ¼ C Brown Sugar Carrot (19 CHO) Buttermilk Biscuit (2 WG - 28 CHO) Sweet Italian Chicken Sausage Patty (2 M - 3 CHO) Honey Packet (14 CHO)
<b>8. FRENCH TOAST</b>	<b>9. TURKEY SANDWICH</b>	<b>10. HAMBURGER</b>	<b>11. BREADSTICKS</b>	<b>12. CHICKEN PATTY</b>
½ C 100% Juice* ¾ C Potato Rounds (20 CHO) French Toast Sticks (1 MMA / 2 WG - 42 CHO) Yogurt Cup (1 MMA - 14 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	½ C Apple Crisps (10 CHO) ¾ C Baby Carrots (9 CHO) Pullman Bread (2 oz WG) Turkey Ham (1.5 oz M - 2 CHO) American Cheese (0.5 oz MMA - 1 CHO) Mayo Packet (2 CHO)	½ C Applesauce (14 CHO) ¼ C BBQ Beans (47 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C 100% Juice* ¾ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA / 2 WG - 42 CHO) Marinara Cup (14 CHO)	½ C Banana (21 CHO) ¾ C Broccoli (5 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)
<b>15. CHEESE QUESADILLA</b>	<b>16. CHICKEN NUGGETS</b>	<b>17. CONEY DOG</b>	<b>18. PANCAKES</b>	<b>19. CHEESE PIZZA</b>
½ C 100% Juice* ¼ C Carrots (7 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO) Taco Packet (1 CHO)	½ C Orange (17 CHO) ¼ C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)	½ C Applesauce (14 CHO) ¼ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	½ C 100% Juice* ¼ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	½ C Banana (21 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)
<b>22. HAMBURGER</b>	<b>23. WAFFLES</b>	<b>24. BREADSTICKS</b>	<b>25. MINI CORN DOGS</b>	<b>26. CHICKEN PATTY</b>
½ C 100% Juice* ¼ C Baked Beans (42 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Apple Crisps (10 CHO) ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Waffles (2 WG - 39 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	½ C Applesauce (14 CHO) ¾ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA / 2 WG - 42 CHO) Marinara Cup (14 CHO)	½ C 100% Juice* ¾ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO) Ketchup Packet (2 CHO)	½ C Banana (21 CHO) ¾ C Carrots (7 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)
<b>29. PANCAKES</b>	<b>30. CHEESE PIZZA</b>	<b>31. CHICKEN NUGGETS</b>	<b>Innovation Foods</b>	
½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	½ C Orange (17 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	½ C Applesauce (14 CHO) ¾ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)	1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 <a href="http://www.ifsm meals.com">www.ifsm meals.com</a> This institution is an equal opportunity provider.  Menu Subject To Change Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk	