

**NOVEMBER  
2022**

**K-8TH GRADE BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change	1	2	3	4
Served With Milk.  *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO)  BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO)  FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C ORANGE (17 CHO)  LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE (24 CHO)  CINNAMON TOASTER CEREAL (1 WG - 21 OZ)
7	8	9	10	11
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO)  TRIX BAR (1 OZ WG - 29 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO)  TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO)  APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE CRISPS (10 CHO)  MINI CINNAMON ROLLS (2 WG - 40 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE (24 CHO)  MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)
14	15	16	17	18
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO)  FROSTED POP TART (1.25 OZ WG - 38 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO)  CRUNCH MANIA (2 OZ WG - 37 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO)  HONEY SCOOTER CEREAL (1 OZ WG - 22 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C ORANGE (17 CHO)  HONEY BUN (2 OZ WG - 34 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLE (24 CHO)  CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)
21	22	23	24	25
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO)  BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	NO SERVICE	NO SERVICE	NO SERVICE
28	29	30	<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.	
$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C APPLESAUCE (14 CHO) TRIX BAR (1 OZ WG - 29 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C CRAISIN (27 CHO)  TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	$\frac{1}{2}$ CUP 100% JUICE* $\frac{1}{2}$ C BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		

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# K-8TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change	1 GOLDEN NUGGETS	2 CONEY DOG	3 WONDEROUS WAFFLE	4 FIESTA BOWL SENSATION
Served With Milk.  *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)	$\frac{1}{2}$ C Apple Crisps (10 CHO) $\frac{3}{4}$ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{3}{4}$ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{1}{2}$ C Corn (14 CHO) $\frac{1}{2}$ C Salsa (3 CHO) $\frac{3}{4}$ C Brown Rice (1.5 WG - 36 CHO) Taco Beef (2 M - 1.5 oz - 1 CHO) Queso Cheese (1 MMA - 1 oz - 4 CHO)
7 DOGS IN A BLANKET	8 CHICKEN N' BISCUIT	9 SAY CHEESE! PIZZA	10 FLUFFY CAKES & LINKS	11 POPCORN CHICKEN
$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Apple Crisps (10 CHO) $\frac{3}{4}$ C Baked Beans (42 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{1}{2}$ C Wango Mango Juice (13 CHO) $\frac{1}{2}$ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	$\frac{1}{2}$ C Banana (21 CHO) $\frac{1}{2}$ C Brown Sugar Carrots (7 CHO) $\frac{1}{2}$ C Garlic Butter Mashed Potatoes (22 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)
14 CHEESE DIPPERS	15 GOLDEN NUGGETS	16 HOTDOG	17 CHICKEN PATTY	18 TURKEY HAM DINNER
$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Pizza Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	$\frac{1}{2}$ C Apple Crisps (10 CHO) $\frac{3}{4}$ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{3}{4}$ C Broccoli (5 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C BBQ Beans (49 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	$\frac{1}{2}$ C Spiced Peaches (22 CHO) $\frac{1}{2}$ C Harvest Corn (15 CHO) $\frac{1}{2}$ C Mashed Potatoes (19 CHO) 2 oz Gravy (11 CHO) Turkey Ham (2 M - 2 oz - 1 CHO) Chocolate Chip Cookie (1 WG - 13 CHO)
21 DOGS IN A BLANKET	22 CHICKEN AND WAFFLES	23	24	25
$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Mixed Vegetables (12 CHO) Mini Corn Dogs (2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Potato Rounds (20 CHO) Chicken Tenders (1.3 M/0.6 WG - 11 CHO - 2 E) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	NO SERVICE	NO SERVICE	NO SERVICE
28 SAY CHEESE! PIZZA	29 FLUFFY CAKES & LINKS	30 CHICKEN N' BISCUIT	<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.	
$\frac{1}{2}$ C 100% Juice* $\frac{1}{2}$ C Wango Mango Juice (13 CHO) $\frac{1}{2}$ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	$\frac{1}{2}$ C Applesauce (14 CHO) $\frac{3}{4}$ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	$\frac{1}{2}$ C 100% Juice* $\frac{3}{4}$ C Corn (21 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)		

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**Fresh Fruit and Vegetable Program (FFVP) Snack Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE	1	2	3	4
		$\frac{1}{2}$ C PINEAPPLE =SUB BABY CARROTS & RANCH PACKET		$\frac{1}{2}$ C MELON CUP
7	8	9	10	11
$\frac{1}{2}$ C GRAPE TOMATOES		$\frac{1}{2}$ C ORANGE WEDGES		NO SERVICE
14				
$\frac{1}{2}$ C SEEDLESS GRAPES		$\frac{1}{2}$ C BABY CARROTS		$\frac{1}{2}$ C PLUM
21	22	23	24	25
$\frac{1}{2}$ C BLOOD ORANGE WEDGES		NO SERVICE	NO SERVICE	NO SERVICE
28	29	30	<u>Innovation Foods</u>	