

AUGUST 2023

K-8 BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmfoods.com</p> <p>This institution is an equal opportunity provider.</p>										
7	4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO)	8	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) TRIPLE BERRY BAR (2 WG - 48 CHO)	9	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	10	4 OZ 100% JUICE CUP ½ C FRUIT FROSTED POP-TART (1 WG - 36 CHO)	11	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO)	
14	4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO)	15	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) DONUT RING (2 WG - 29 CHO)	16	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	17	4 OZ 100% JUICE CUP ½ C FRUIT TRIK BAR (1 WG - 29 CHO)	18	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) BLUEBERRY WAFFLE (2 WG - 37 CHO)	
21	4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO)	22	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) HONEY BUN (2 WG - 35 CHO)	23	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	24	4 OZ 100% JUICE CUP ½ C FRUIT COCOA PUFF BAR (1 WG - 30 CHO)	26	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) CINNAMON WAFFLE (2 WG - 37 CHO)	
28	4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO)	29	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) TRIPLE BERRY BAR (2 WG - 48 CHO)	30	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 17 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	31	4 OZ 100% JUICE CUP ½ C FRUIT FROSTED POP-TART (1 WG - 36 CHO)	Served With Milk - 8 oz Portion of 1% or Fat Free Menu Subject To Change Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)		

AUGUST 2023		K-8TH GRADE LUNCH MENU	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.itsmeds.com			
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14 GOLDEN NUGGETS	15 WONDEROUS WAFFLE	16 CHICKEN N' BISCUIT	17 HAMBURGER
½ C 100% Juice* ¾ C Seasoned Beans (41 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ Croisin (27 CHO) ¾ C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO))	½ C Applesauce (14 CHO) ¾ C Green Beans (11 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	½ C 100% Juice* ¾ C Carrots (7 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)
21 CRISPY CHICKEN PATTY	22 QUESADILLA	23 CONEY DOG	24 SAY CHEESE! PIZZA
½ C 100% Juice* ¾ C Broccoli (5 CHO) Chicken Patty (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ Croisin (27 CHO) ¾ C Carrots (7 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)	½ C Applesauce (14 CHO) ¾ 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* ¾ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)
28 CHEESE DIPPERS	29 GOLDEN NUGGETS	30 DOGS IN A BLANKET	31 FLUFFY CAKES & LINKS
½ C 100% Juice* ¾ C Corn (15 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Morroro Cup (14 CHO)	½ Croisin (27 CHO) ¾ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ C Applesauce (14 CHO) ¾ C Green Beans (11 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 5E) Ketchup Packet (2 CHO)	½ C 100% Juice* ¾ 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)
			18 DOGS IN A BLANKET
			10 TURKEY SANDWICH
			11 QUESADILLA
			¾ C Banana (21 CHO) ¾ C Corn (15 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)
			¾ C 100% Juice* ¾ C Baby Carrots (6 CHO) Pullman Bread (2 WG-24 CHO) 1.5 oz Turkey Breast (2 CHO) 0.5 oz American Cheese (1 CHO) Mustard Packet (0 CHO)
			½ C Banana (21 CHO) ¾ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 5E) Ketchup Packet (2 CHO)
			Served With Milk - 8 oz Portion of 1% or Fat Free
			Menu Subject To Change Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)