

SEPTEMBER 2023		K-8TH GRADE BREAKFAST MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmfoods.com This institution is an equal opportunity provider.</p>				
Menu Subject To Change Served with Milk				
Apple Juice (14 CHO), Fruit Punch (14 CHO)				
4	5	6	7	8
4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO)	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) DONUT RING (2 WG - 29 CHO)	4 OZ 100% JUICE CUP ½ C GRAISIN (27 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) TRIK BAR (1 WG - 29 CHO)	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) BLUEBERRY WAFFLE (2 WG - 37 CHO)
11	12	13	14	15
4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO)	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) HONEY BUN (2 WG - 35 CHO)	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	4 OZ 100% JUICE CUP ½ C FRUIT COCOA PUFF BAR (1 WG - 30 CHO)	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) CINNAMON WAFFLE (2 WG - 37 CHO)
18	19	20	21	22
4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO)	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) TRIPLE BERRY BAR (2 WG - 43 CHO)	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	4 OZ 100% JUICE CUP ½ C FRUIT FROSTED POP-TART (1 WG - 36 CHO)	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO)
25	26	27	28	29
4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO)	4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) DONUT RING (2 WG - 29 CHO)	4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	4 OZ 100% JUICE CUP ½ C FRUIT TRIK BAR (1 WG - 29 CHO)	4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) BLUEBERRY WAFFLE (2 WG - 37 CHO)