

| OCTOBER 2023 | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------------|---|--------|---|---|--|-----------|---|----------|--|--------|--|
| 2 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO) | 3 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) HONEY BUN (2 WG - 38 CHO) | 4 | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 5 | 4 OZ 100% JUICE CUP ½ C FRUIT COCOA PUFF BAR (1 WG - 30 CHO) | 6 | 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) CINNAMON WAFFLE (2 WG - 37 CHO) | | |
| 9 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO) | 10 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) CRUNCH MANIA (2 WG - 37 CHO) | 11 | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 12 | 4 OZ 100% JUICE CUP ½ C FRUIT FROSTED POP-TART (1 WG - 36 CHO) | 13 | 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO) | | |
| 16 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO) | 17 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) DONUT RING (2 WG - 29 CHO) | 18 | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 19 | 4 OZ 100% JUICE CUP ½ C FRUIT TRIX BAR (1 WG - 30 CHO) | 20 | 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) BLUBERRY WAFFLE (2 WG - 37 CHO) | | |
| 23 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO) | 24 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) HONEY BUN (2 WG - 38 CHO) | 25 | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 26 | 4 OZ 100% JUICE CUP ½ C FRUIT COCOA PUFF BAR (1 WG - 30 CHO) | 27 | 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO) | | |
| 30 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) APPLE JACKS (1 WG - 24 CHO) | 31 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) CRUNCH MANIA (2 WG - 37 CHO) | <p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmaids.com</p> <p>This institution is an equal opportunity provider.</p> <p>Menu Subject To Change Served with Milk Apple Juice (14 CHO), Fruit Punch (14 CHO)</p> | | | | | | | |

K-8TH GRADE BREAKFAST MENU

| OCTOBER 2023 | | K-8TH GRADE LUNCH MENU | | |
|--|--|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <p>2 HAMBURGER</p> <p>½ C 100% Juice* ½ C Green Beans (11 CHO) Beef Patty (2 M - 2 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p> | <p>3 CHEESE PIZZA</p> <p>½ C Craisin (27 CHO) ¾ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)</p> | <p>4 CONEY DOG</p> <p>½ C Applesauce (14 CHO) ¾ C Coney Beans (52 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (1.5 WG - 27 CHO) Ketchup Packet (2 CHO)</p> | <p>5 WONDEROUS WAFFLE</p> <p>½ C 100% Juice* 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)</p> | <p>6 CALZONE</p> <p>½ C Banana (21 CHO) ½ C Broccoli (5 CHO) Buffalo Chicken Calzone (2 WG/2 M/MMA - 37 CHO - 1 E)</p> |
| <p>9 DOGS IN A BLANKET</p> <p>½ C 100% Juice* ¼ Baked Beans (51 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 6E) Ketchup Packet (2 CHO)</p> | <p>10 ENGLISH MUFFIN SANDWICH</p> <p>½ C Craisin (27 CHO) ¾ C Maple Cinnamon Carrots (11 CHO) English Muffin (2 WG - 14 CHO) Egg Patty (1.25 M - 2 CHO) American Cheese (0.5 M - 1 CHO)</p> | <p>11 FLUFFY CAKES & LINKS</p> <p>½ C Applesauce (14 CHO) ¾ C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) Pancakes (1 WG - 21 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p> | <p>12 CHEESE DIPPER</p> <p>½ C 100% Juice* ¾ C Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p> | <p>13 BBQ MEATLOAF</p> <p>½ C Banana (21 CHO) ½ C Broccoli (3 CHO) ½ C Mashed Potatoes (20 CHO) 2.4 oz Meatloaf (2 M - 3 CHO) 1 oz BBQ Sauce (12 CHO) Dinner Roll (1 WG - 12 CHO - 1 E)</p> |
| <p>16 GOLDEN NUGGETS</p> <p>½ C 100% Juice* ¾ C Green Beans (11 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)</p> | <p>17 CHEESE PIZZA</p> <p>½ C Craisin (27 CHO) ¾ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)</p> | <p>18 WALKING TACO</p> <p>½ C Applesauce (14 CHO) ½ Bean Salad (48 CHO) 2.4oz Seasoned Taco Meat and Cheddar Cheese (2 M - 0.5 CHO) Doritos (2 WG - 28 CHO)</p> | <p>19 BREAKFAST BAGEL</p> <p>½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Bogel (2 WG - 16 CHO) Egg Patty (1.25 M - 2 CHO) American Cheese (0.5 M - 1 CHO)</p> | <p>20 POBCORN CHICKEN BOWL</p> <p>½ C Banana (21 CHO) ½ C Broccoli (3 CHO) ½ C Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 12 E)</p> |
| <p>23 CHICKEN PATTY</p> <p>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)</p> | <p>24 CHEESE QUESADILLA</p> <p>½ Craisin (27 CHO) ¾ C Fiesta Beans (41 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)</p> | <p>25 HOT DOG</p> <p>½ C Applesauce (14 CHO) ¾ C Green Beans (11 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (1.5 WG - 27 CHO) Ketchup Packet (2 CHO)</p> | <p>26 WONDEROUS WAFFLE</p> <p>½ C 100% Juice* ¾ C Maple Cinnamon Carrots (11 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p> | <p>27 CHICKEN BASKET</p> <p>½ C Banana (21 CHO) ¾ C Garlic Crinkle Cut Fry (27 CHO) BBQ Chicken Nuggets (2 M/1 WG - 19 CHO - 5 E)</p> |
| <p>30 DOGS IN A BLANKET</p> <p>½ C 100% Juice* ¾ C Corn (17 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 6E) Ketchup Packet (2 CHO)</p> | <p>31 GOLDEN NUGGETS</p> <p>½ C Craisin (27 CHO) ¾ C Carrots (9 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)</p> | <p>Innovation Foods</p> <p>1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsfoods.com This institution is on an equal opportunity provider. Menu Subject to Change.</p> | | <p>Apple Juice (14 CHO), Fruit Punch (14 CHO)</p> |