

NOVEMBER 2023

K-8TH GRADE BREAKFAST MENU

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|---|--|--|---|---|---|---|--|--|
| Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeds.com | | Menu Subject To Change Served with Milk Apple Juice (14 CHO), Fruit Punch (14 CHO) | | 1 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) | | 2 4 OZ 100% JUICE CUP ½ C FRUIT FROSTED POP-START (125 WG - 38 CHO) | | 3 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) BLUEBERRY WAFFLE (2 WG - 37 CHO) | |
| This institution is an equal opportunity provider. | | | | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) | | 4 OZ 100% JUICE CUP ½ C CRAISIN (27 CHO) | | | |
| 6 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROOT LOOPS CEREAL BOWL (1 WG - 24 CHO) | 7 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) DONUT RING (2 WG - 29 CHO) | 8 | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) TRIX BAR (1 WG - 30 CHO) | 9 | 4 OZ 100% JUICE CUP ½ C FRUIT SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 10 | 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) CINNAMON WAFFLE (2 WG - 37 CHO) |
| 13 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO) | 14 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) HONEY BUN (2 WG - 38 CHO) | 15 | 4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 16 | 4 OZ 100% JUICE CUP ½ C FRUIT COCOA PUFF BAR (1 WG - 30 CHO) | 17 | 4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO) |
| 20 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROOT LOOPS CEREAL BOWL (1 WG - 24 CHO) | 21 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) | 22 | CLOSED | 23 | CLOSED | 24 | CLOSED |
| 27 | 4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO) | 28 | 4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) FROSTED POP-START (125 WG - 38 CHO) | 29 | 4 OZ 100% JUICE CUP ½ C CRAISIN (27 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO) | 30 | 4 OZ 100% JUICE CUP ½ C FRUIT COCOA PUFF BAR (1 WG - 30 CHO) | | |

| NOVEMBER 2023 | | K-8TH GRADE LUNCH MENU | | |
|---|--|--|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeds.com</p> <p>This institution is an equal opportunity provider. Menu Subject to Change Served with Milk Apple Juice (1/4 CHO), Fruit Punch (1/4 CHO)</p> | | | | |
| <p>6 BREAKFAST PIZZA</p> <p>1/2 C 100% Juice* 1/2 C Potato Rounds (20 CHO) Breakfast Pizza (1 M/1.5 WG - 25 CHO) Ketchup Packet (2 CHO)</p> | <p>7 CHICKEN PATTY</p> <p>1/2 Craisin (27 CHO) 1/2 C Green Beans (11 CHO) Chicken Patty (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)</p> | <p>1 FLUFFY CAKES & LINKS</p> <p>1/2 C Applesauce (14 CHO) 1/2 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>2 CHEESE DIPPER</p> <p>1/2 C 100% Juice* 1/2 C Mixed Vegetables (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)</p> | <p>6 SWEET THAI CHICKEN BOWL</p> <p>1/2 C Banana (21 CHO) 1/2 C Green Beans (7 CHO) 1/2 C Matchstick Carrots (3 CHO) Sweet Thai Chicken Chunks (16 M/0.8 WG - 23 CHO) 1/2 C White Rice (17/6 - 23 CHO)</p> |
| <p>13 FLUFFY CAKES & LINKS</p> <p>1/2 C 100% Juice* Breakfast 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>14 GOLDEN NUGGETS</p> <p>1/2 Craisin (27 CHO) 1/2 C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)</p> | <p>8 WALKING TACO</p> <p>1/2 C Applesauce (14 CHO) 1/2 Bean Salad (48 CHO) 2.4oz Seasoned Taco Meat and Cheddar Cheese (2 M - 0.5 CHO) Doritos (1.5 WG - 20 CHO)</p> | <p>9 HOT DOG</p> <p>1/2 C 100% Juice* 1/2 C Carrots (9 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)</p> | <p>10 POPCORN CHICKEN BOWL</p> <p>1/2 C Banana (21 CHO) 1/2 C Broccoli (3 CHO) 1/2 C Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 12 E) Graham Cracker (1 WG - 17 CHO)</p> |
| <p>20 CHICKEN PATTY</p> <p>1/2 C 100% Juice* 1/2 C Green Beans (11 CHO) Chicken Patty (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)</p> | <p>21 BREAKFAST BAGEL</p> <p>1/2 Craisin (27 CHO) 1/2 C Potato Rounds (20 CHO) Bagel (2 WG - 16 CHO) Egg Patty (1.25 M - 2 CHO) American Cheese (0.5 M - 1 CHO)</p> | <p>15 ENGLISH MUFFIN SANDWICH</p> <p>1/2 C Applesauce (14 CHO) 1/2 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>16 QUESADILLA</p> <p>1/2 C 100% Juice* 1/2 C Fiesta Beans (41 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)</p> | <p>17 TURKEY DINNER</p> <p>1/2 C Banana (21 CHO) 1/2 C Green Beans (3 CHO) 1/2 C Mashed Potatoes (20 CHO) Turkey Gravy (14 CHO) Turkey Breast (1.5 M - 1 CHO) Dinner Roll (1 WG - 12 CHO - 1 E) Cookie (1 WG - 13 CHO - 1 E)</p> |
| <p>27 BREAKFAST PIZZA</p> <p>1/2 C 100% Juice* 1/2 C Potato Rounds (20 CHO) Breakfast Pizza (1 M/1.5 WG - 25 CHO) Ketchup Packet (2 CHO)</p> | <p>28 HAMBURGER</p> <p>1/2 Craisin (27 CHO) 1/2 C Carrots (9 CHO) Beef Patty (2 M - 2 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)</p> | <p>22</p> <p>CLOSED</p> | <p>29 DOGS IN BLANKET</p> <p>1/2 C Applesauce (14 CHO) 1/2 C Green Beans (11 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 6E) Ketchup Packet (2 CHO)</p> | <p>30 WAFFLES</p> <p>1/2 C 100% Juice* 1/2 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>24</p> <p>CLOSED</p> | <p>23</p> <p>CLOSED</p> | <p>24</p> <p>CLOSED</p> | <p>24</p> <p>CLOSED</p> | <p>24</p> <p>CLOSED</p> |