

DECEMBER 2023

K-8TH GRADE BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.lfsmidwest.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>											
4	4 OZ 100% JUICE CUP 1/2 C APPLE CRISP (10 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO)	5	4 OZ 100% JUICE CUP 1/2 C APPLESAUCE (14 CHO) DONUT RING (2 WG - 29 CHO)	6	4 OZ 100% JUICE CUP 1/2 C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	7	4 OZ 100% JUICE CUP 1/2 C FRUIT TRIX BAR (1 WG - 30 CHO)	8	4 OZ 100% JUICE CUP 1/2 C APPLE (9 CHO) BLUEBERRY WAFFLE (2 WG - 37 CHO)	1	4 OZ 100% JUICE CUP 1/2 C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO)
11	4 OZ 100% JUICE CUP 1/2 C APPLE CRISP (10 CHO) FROSTED FLAKE CEREAL BOWL (1 WG - 25 CHO)	12	4 OZ 100% JUICE CUP 1/2 C APPLESAUCE (14 CHO) HONEY BUN (2 WG - 38 CHO)	13	4 OZ 100% JUICE CUP 1/2 C BANANA (19 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	14	4 OZ 100% JUICE CUP 1/2 C FRUIT COCOA PUFF BAR (1 WG - 30 CHO)	15	4 OZ 100% JUICE CUP 1/2 C APPLE (9 CHO) CINNAMON WAFFLE (2 WG - 37 CHO)		
18	4 OZ 100% JUICE CUP 1/2 C APPLE CRISP (10 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO)	19	4 OZ 100% JUICE CUP 1/2 C APPLESAUCE (14 CHO) FROSTED POP-TART (1.25 WG - 38 CHO)	20	4 OZ 100% JUICE CUP 1/2 C CRAISIN (27 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO)	21	4 OZ 100% JUICE CUP 1/2 C FRUIT TRIX BAR (1 WG - 30 CHO)	22	4 OZ 100% JUICE CUP 1/2 C APPLE (9 CHO) MAPLE BUTTER WAFFLE (2 WG - 37 CHO)		
25	CLOSED										
26	26	27	28	29							

DECEMBER 2023		K-8TH GRADE LUNCH MENU	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY			
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<p>4 CHICKEN PATTY</p> <p>½ C 100% Juice* ¼ C Broccoli (5 CHO) Chicken Patty (2 M, -22 CHO) Hamburger Bun (2 WG -25 CHO) BBQ Packet (5 CHO)</p>	<p>7 DOGS IN A BLANKET</p> <p>½ C Fruit ¼ C Green Beans (11 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 6E) Ketchup Packet (2 CHO)</p>	<p>8 HAMBURGER</p> <p>½ C Applesauce (14 CHO) ¼ C Southwest Salad (52 CHO) Beef Patty (2 M - 2 CHO) Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)</p>	<p>9 FLUFFY CAKES & LINKS</p> <p>½ C 100% Juice* ¼ C Maple Cinnamon Carrots (11 CHO) Breakfast Sausage (2 M - 2 CHO) Poncakes (1 WG - 21 CHO - 1E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)</p>
<p>10 CHICKEN BASKET</p> <p>½ C Banana (21 CHO) ¼ C Garlic Crinkle Cut Fry (27 CHO) BBQ Chicken Nuggets (2 M/1 WG - 19 CHO - 5 E) Ketchup Packet (2 CHO)</p>	<p>11 ENGLISH MUFFIN SANDWICH</p> <p>½ C 100% Juice* ¼ C Maple Cinnamon Carrots (11 CHO) English Muffin (2 WG - 14 CHO) Egg Patty (1.5 M - 3 CHO) American Cheese (0.5 M - 1 CHO)</p>	<p>12 BREAKFAST PIZZA</p> <p>½ C Fruit ¼ C Potato Rounds (20 CHO) Breakfast Pizze (1 M/1.5 WG - 25 CHO) Ketchup Packet (2 CHO)</p>	<p>13 CONEY DOG</p> <p>½ C Applesauce (14 CHO) ¼ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)</p>
<p>18 CHICKEN NUGGETS</p> <p>½ C 100% Juice* ¼ C Green Beans (11 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)</p>	<p>19 WONDEROUS WAFFLE</p> <p>½ C Fruit ¼ C Brown Sugar Carrots (12 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>20 QUESADILLA</p> <p>½ C Applesauce (14 CHO) ¼ C Fiesta Salad (42 CHO) Cheese Quesadilla (2M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)</p>	<p>21 BREAKFAST BAGEL</p> <p>½ C 100% Juice* ¼ C Potato Rounds (20 CHO) Bagel (2 WG - 16 CHO) Egg Patty (1 M - 1 CHO) American Cheese (0.5 M - 1 CHO)</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
CLOSED			
<p>22 CHEESE PIZZA</p> <p>½ C Apple (9 CHO) ¼ C Baby Carrots (9 CHO) Cheese Pizze (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)</p>	<p>15 POPCORN CHICKEN BOWL</p> <p>½ C Banana (21 CHO) ¼ C Broccoli (3 CHO) ¼ C Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 12 E)</p>	<p>22 CHEESE PIZZA</p> <p>½ C Apple (9 CHO) ¼ C Baby Carrots (9 CHO) Cheese Pizze (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)</p>	<p>1 HOT DOG</p> <p>½ C Banana (21 CHO) ¼ C Corn (17 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)</p>
<p>29</p>	<p>29</p>	<p>29</p>	<p>29</p>