

OCTOBER 2024		K-8TH GRADE BREAKFAST MENU			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu Subject to Change	1	2	3	4	
Served With Milk	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Honey Bun (2 oz - 35 CHO)	4 oz 100% Juice Banana (½ Cup - 21 CHO) Frosted Flakes Cereal Bowl (1 oz WG - 19 CHO) Graham Crocker (1 oz WG - 17 CHO)	4 oz 100% Juice* Fruit (½ Cup) Trix Bar (1 oz WG - 30 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Blueberry Infused Waffle (1 oz WG - 37 CHO)	
7	8	9	10	11	
4 oz 100% Juice* Apple Crisp (½ Cup - 10 CHO) Scooter Cereal Bowl (1 oz WG - 22 CHO)	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Crunch Mania (2 oz - 37 CHO)	4 oz 100% Juice Banana (½ Cup - 21 CHO) Cinnamon Toaster Cereal Bowl (1 oz WG - 19 CHO) Graham Crocker (1 oz WG - 17 CHO)	4 oz 100% Juice* Fruit (½ Cup) Golden Graham Bar (1 oz WG - 30 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Super Donut (2 oz WG - 27 CHO)	
14	15	16	17	18	
4 oz 100% Juice* Apple Crisp (½ Cup - 10 CHO) Cocoa Puff Cereal Bowl (1 oz WG - 25 CHO)	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Triple Berry Bar (2 oz WG - 43 CHO)	4 oz 100% Juice Fruit (½ Cup) Marshmallow Matey Cereal Bowl (1 oz WG - 22 CHO) Graham Crocker (1 oz WG - 17 CHO)	4 oz 100% Juice* Banana (½ Cup - 21 CHO) Frosted Pop-Tart (1 oz WG - 36 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Maple Infused Waffle (1 oz WG - 37 CHO)	
21	22	23	24	25	
4 oz 100% Juice* Apple Crisp (½ Cup - 10 CHO) Scooter Cereal Bowl (1 oz WG - 22 CHO)	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Honey Bun (2 oz - 35 CHO)	4 oz 100% Juice Banana (½ Cup - 21 CHO) Frosted Flakes Cereal Bowl (1 oz WG - 19 CHO) Graham Crocker (1 oz WG - 17 CHO)	4 oz 100% Juice* Fruit (½ Cup) Trix Bar (1 oz WG - 30 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Blueberry Infused Waffle (1 oz WG - 37 CHO)	
28	29	30	31		
4 oz 100% Juice* Apple Crisp (½ Cup - 10 CHO) Apple Jacks Cereal Bowl (1 oz WG - 25 CHO)	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Chocolate Chip Bar (1.5 WG - 37 CHO)	4 oz 100% Juice Fruit (½ Cup) Cinnamon Toaster Cereal Bowl (1 oz WG - 19 CHO) Graham Crocker (1 oz WG - 17 CHO)	4 oz 100% Juice* Banana (½ Cup - 21 CHO) Golden Graham Bar (1 oz WG - 30 CHO)		
<p><b>Innovation Food Service</b>            1550 Enterprise Parkway            Twinsburg, OH 44087            330-425-7979  <a href="http://www.ifsmeeals.com">www.ifsmeeals.com</a>            This institution is on equal opportunity provider.</p>					

OCTOBER 2024		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
K-8TH GRADE LUNCH MENU											
Menu Subject to Change											
Served With Milk		1 WAFFLES		2 GRILLED CHEESE		3 HAMBURGER		4 BBQ CHICKEN BASKET			
		½ C Croisin (27 CHO) ¾ C Toter Tots (18 CHO) Breakfast Sausage (2 M - 2 CHO) Waffle (1 WG - 32 CHO - 1 E) Syrup Cup (30 CHO) Ketchup Packet (2 CHO)		½ C Applesauce (14 CHO) ¾ C Green Beans (9 CHO) Grilled Cheese (2 MMA/2 WG - 36 CHO)		½ C 100% Juice* ¾ C Corn (16 CHO) Beef Potky (2 M - 12 CHO) Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)		½ C Bonono (21 CHO) ¾ C Garlic Crinkle Cut Fry (27 CHO) BBQ Chicken Nuggets (2 M/1 WG - 19 CHO - 5 E)			
7 DOGS IN A BLANKET		8 TACO BITES		9 SAVY CHEESE! PIZZA		10 CHICKEN PATTY		11 SALSBURY STEAK			
½ C 100% Juice ¾ C Green Beans (9 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 5E) Ketchup Packet (2 CHO)		½ C Croisin (27 CHO) ¾ C Corn (16 CHO) Beef Taco Bites (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)		½ C Applesauce (14 CHO) ¾ C Baby Carrots (9 CHO) Cheese Pizzo (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)		½ C 100% Juice* ¾ C Southwest Salad (42 CHO) Chicken Potky (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)		½ C Bonono (21 CHO) ½ C Broccoli (21 CHO) ½ C Washed Potatoes (20 CHO) Meatloaf & Grovy (2 M - 17 CHO) Dinner Roll (1 WG - 17 CHO)			
14 BREAKFAST SANDWICH		15 BREADSTICKS		16 TURKEY SANDWICH		17 CONEY DOG		18 SWEET THAI BOWL			
½ C 100% Juice ¾ C Toter Tots (18 CHO) English Muffin (2 WG - 14 CHO) Egg Potky & American Cheese (2 M - 2 CHO) Ketchup Packet (2 CHO)		½ C Croisin (27 CHO) ¾ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)		½ C Applesauce (14 CHO) ¾ C Baby Carrots (9 CHO) Pullman Bread (2 WG - 21 CHO) Turkey & Cheese (2 M/MMA - 3 CHO) Mustard Packet (0 CHO)		½ C 100% Juice* 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 Bonono (21 CHO) ¾ C Green Beans (9 CHO) ½ C Pineapple Ginger Rice (1G - ½ C V - 28 CHO) Sweet Thai Chicken Nuggets (2M/1G - 16 CHO)			
21 PANCAKES & SAUSAGE		22 CHICKEN TENDER		23 CHEESE QUESADILLA		24 HAMBURGER		25 POPCORN CHICKEN BOWL			
½ C 100% Juice ¾ C Toter Tots (18 CHO) Breakfast Sausage (2 M - 2 CHO) Pancakes (1 WG - 20 CHO - 1 E) Syrup Cup (30 CHO) Ketchup Packet (2 CHO)		½ C Croisin (27 CHO) ¾ C Broccoli (5 CHO) Chicken Tenders (2 M/1 WG - 16 CHO) Ketchup Packet (1 CHO) Cheddar Goldfish (1 WG - 17 CHO)		¾ C Applesauce (14 CHO) ¾ C Seasoned Bean Salad (44 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)		½ C 100% Juice* ¾ C Green Beans (9 CHO) Beef Potky (2 M - 12 CHO) Bun (2 WG - 27 CHO) Ketchup Packet (1 CHO)		½ C Bonono (21 CHO) ¾ C Carrots (11 CHO) ½ C Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 12 E) Graham Cracker (1 WG - 17 CHO)			
28 FRENCH TOAST		29 CHICKEN NUGGETS		30 GRILLED CHEESE		31 DOGS IN A BLANKET		Innovation Food Service			
½ C 100% Juice ¾ C Toter Tots (18 CHO) French Toast (1 WG/2MMA - 49 CHO) Syrup Cup (30 CHO) Ketchup Packet (2 CHO)		½ C Croisin (27 CHO) ¾ C Corn (16 CHO) Chicken Nuggets (2 M/1 WG - 16 CHO) Ketchup Packet (1 CHO)		½ C Applesauce (14 CHO) ¾ C Green Beans (9 CHO) Grilled Cheese (2 MMA/2 WG - 36 CHO)		½ C 100% Juice* ¾ C Carrots (11 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 5E) Ketchup Packet (2 CHO)		1550 Enterprise Parkway Twinsburg, OH 44087 330-425-7979 www.itsmeals.com This institution is on equal opportunity provider.			