

NOVEMBER 2023

K-8TH GRADE BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.wifsmeals.com</p> <p>This institution is an equal opportunity provider.</p> <p style="text-align: right;">Menu Subject To Change Served with Milk Apple Juice (14 CHO), Fruit Punch (14 CHO)</p>				1		2		3	
				4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO)		4 OZ 100% JUICE CUP ½ C FRUIT FROSTED POP-TART (1.25 WG - 36 CHO)		4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) BLUEBERRY WAFFLE (2 WG - 37 CHO)	
6		7		8		9		10	
4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROOT LOOPS CEREAL BOWL (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 BANANA (19 CHO) TRIX BAR (1 WG - 30 CHO)		4 OZ 100% JUICE CUP ½ C FRUIT SCOOTER CEREAL BOWL (1 WG - 21 CHO) GRAHAM CRACKER (1 WG - 17 CHO)		4 OZ 100% JUICE CUP ½ C APPLE (9 CHO) CINNAMON WAFFLE (2 WG - 37 CHO)	
13		14		15		16		17	
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 - 38 CHO)		4 OZ 100% JUICE CUP ½ C BANANA (19 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 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) MAPLE BUTTER WAFFLE (2 WG - 37 CHO)	
20		21		22		23		24	
4 OZ 100% JUICE CUP ½ C APPLE CRISP (10 CHO) FROOT LOOPS CEREAL BOWL (1 WG - 24 CHO)		4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) SCOOTER CEREAL BOWL (1 WG - 21 CHO)		CLOSED		CLOSED		CLOSED	
27		28		29		30			
CLOSED		4 OZ 100% JUICE CUP ½ C APPLESAUCE (14 CHO) FROSTED POP-TART (1.25 WG - 36 CHO)		4 OZ 100% JUICE CUP ½ C CRAISIN (27 CHO) CINNAMON TOASTER CEREAL BOWL (1 WG - 22 CHO) GRAHAM CRACKER (1 WG - 17 CHO)		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
Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider. Menu Subject To Change Served with Milk Apple Juice (14 CHO), Fruit Punch (14 CHO)		1 FLUFFY CAKES & LINKS ½ C Applesauce (14 CHO) ¼ 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)	2 CHEESE DIPPER ½ C 100% Juice* ¼ C Mixed Vegetables (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	3 SWEET THAI CHICKEN BOWL ½ C Banana (21 CHO) ½ C Green Beans (7 CHO) ¼ C Matchstick Carrots (3 CHO) Sweet Thai Chicken Chunks (1.6 M/0.8 WG - 23 CHO) ½ C White Rice (1.7G - 23 CHO)
6 BREAKFAST PIZZA	7 CHICKEN PATTY	8 WALKING TACO	9 HOT DOG	10 POPCORN CHICKEN BOWL
½ C 100% Juice* ¼ C Potato Rounds (20 CHO) Breakfast Pizza (1 M/1.5 WG - 25 CHO) Ketchup Packet (2 CHO)	½ Craisin (27 CHO) ¼ C Green Beans (11 CHO) Chicken Patty (2 M- 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ C Applesauce (14 CHO) ¼ Bean Salad (48 CHO) 2.4oz Seasoned Taco Meat and Cheddar Cheese (2 M - 0.5 CHO) Doritos (1.5 WG - 20 CHO)	½ C 100% Juice* ¼ C Carrots (9 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	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) Graham Cracker (1 WG - 17 CHO)
13 FLUFFY CAKES & LINKS	14 GOLDEN NUGGETS	15 ENGLISH MUFFIN SANDWICH	16 QUESADILLA	17 TURKEY DINNER
½ C 100% Juice* ¼ 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)	½ Craisin (27 CHO) ¼ C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	½ C Applesauce (14 CHO) ¼ 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)	½ C 100% Juice* ¼ C Fiesta Beans (41 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)	½ C Banana (21 CHO) ½ C Green Beans (3 CHO) ½ 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)
20 CHICKEN PATTY	21 BREAKFAST BAGEL	22	23	24
½ C 100% Juice* ¼ C Green Beans (11 CHO) Chicken Patty (2 M- 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	½ Craisin (27 CHO) ¼ C Potato Rounds (20 CHO) Bagel (2 WG - 16 CHO) Egg Patty (1.25 M - 2 CHO) American Cheese (0.5 M - 1 CHO)	CLOSED	CLOSED	CLOSED
27	28 HAMBURGER	29 DOGS IN BLANKET	30 WAFFLES	
	½ Craisin (27 CHO) ¼ C Carrots (9 CHO) Beef Patty (2 M- 2 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	½ C Applesauce (14 CHO) ¼ C Green Beans (11 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 6E) Ketchup Packet (2 CHO)	½ C 100% Juice* ¼ 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)	