

**SEPTEMBER 2022  
GRADE BREAKFAST**

**K-8TH**

| MONDAY   |  | TUESDAY  |  | WEDNESDAY  |  | THURSDAY  |  | FRIDAY  |  |
|--|--|--|--|--|--|---|--|---|--|
| <p><b>Innovation Foods</b><br/>1550 Enterprise Parkway<br/>Twinsburg, OH 44087 440-580-4800<br/><a href="http://www.ifsmeals.com">www.ifsmeals.com</a><br/>This institution is an equal opportunity provider</p> <p>Menu Subject to Change.<br/>Served With Milk.<br/>*Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)</p> |  |  |  |  |  | 1   |  | 2   |  |
|  |  |  |  |  |  | <p>½ CUP 100% JUICE*<br/>½ C APPLE CRISPS (10 CHO)</p> <p>LEMON CHIP CRUNCH BAR<br/>(2 WG - 42 CHO)</p> |  | <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>CINNAMON TOAST CRUNCH CEREAL<br/>(1 WG - 22 OZ)</p>     |  |
| 5  |  | 6  |  | 7  |  | 8   |  | 9   |  |
| NO SERVICE   |  | <p>½ CUP 100% JUICE*<br/>½ C CRAISIN (27 CHO)</p> <p>TRIPLE BERRY BAR<br/>(2 OZ WG - 43 CHO)</p>     |  | <p>½ CUP 100% JUICE*<br/>½ C BANANA (21 CHO)</p> <p>CHEERIO CEREAL<br/>(1 WG - 14 CHO)<br/>GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>       |  | <p>½ CUP 100% JUICE*<br/>½ C ORANGE (17 CHO)</p> <p>MINI CINNAMON ROLLS<br/>(2 WG - 40 CHO)</p>         |  | <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>LUCKY CHARM CEREAL<br/>(1 WG - 23 CHO)</p>              |  |
| 12   |  | 13   |  | 14   |  | 15  |  | 16  |  |
| <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>FROSTED POP TART<br/>(1.25 OZ WG - 38 CHO)</p>   |  | <p>½ CUP 100% JUICE*<br/>½ C CRAISIN (27 CHO)</p> <p>CRUNCH MANIA<br/>(2 OZ WG - 37 CHO)</p>         |  | <p>½ CUP 100% JUICE*<br/>½ C BANANA (21 CHO)</p> <p>CHEX CEREAL<br/>(1 OZ WG - 24 CHO)<br/>GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>       |  | <p>½ CUP 100% JUICE*<br/>½ C APPLE CRISPS (10 CHO)</p> <p>HONEY BUN<br/>(2 OZ WG - 34 CHO)</p>          |  | <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>CHOCOLATE CHIP BREAKFAST BAR<br/>(1 OZ WG - 25 CHO)</p> |  |
| 19   |  | 20   |  | 22   |  | 23  |  | 24  |  |
| <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>COCOA PUFF BAR<br/>(1 OZ WG - 30 CHO)</p>  |  | <p>½ CUP 100% JUICE*<br/>½ C CRAISIN (27 CHO)</p> <p>BREAKFAST OATMEAL ROUND<br/>(2 WG - 50 CHO)</p> |  | <p>½ CUP 100% JUICE*<br/>½ C BANANA (21 CHO)</p> <p>FROSTED FLAKE CEREAL<br/>(1 WG - 25 CHO)<br/>GRAHAM CRACKER (1 OZ WG - 11 CHO)</p> |  | <p>½ CUP 100% JUICE*<br/>½ C ORANGE (17 CHO)</p> <p>LEMON CHIP CRUNCH BAR<br/>(2 WG - 42 CHO)</p>       |  | <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>CINNAMON TOAST CRUNCH CEREAL<br/>(1 WG - 22 OZ)</p>     |  |
| 26   |  | 27   |  | 28   |  | 29  |  | 30  |  |
| <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>TRIX BAR<br/>(1 OZ WG - 29 CHO)</p>  |  | <p>½ CUP 100% JUICE*<br/>½ C CRAISIN (27 CHO)</p> <p>TRIPLE BERRY BAR<br/>(2 OZ WG - 43 CHO)</p>     |  | <p>½ CUP 100% JUICE*<br/>½ C BANANA (21 CHO)</p> <p>CHEERIO CEREAL<br/>(1 WG - 14 CHO)<br/>GRAHAM CRACKER (1 OZ WG - 11 CHO)</p>       |  | <p>½ CUP 100% JUICE*<br/>½ C APPLE CRISPS (10 CHO)</p> <p>MINI CINNAMON ROLLS<br/>(2 WG - 40 CHO)</p>   |  | <p>½ CUP 100% JUICE*<br/>½ C APPLESAUCE (14 CHO)</p> <p>LUCKY CHARM CEREAL<br/>(1 WG - 23 CHO)</p>              |  |

**SEPTEMBER  
2022  
GRADE LUNCH MENU**

**K-8TH**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p><b>Innovation Foods</b><br/>1550 Enterprise Parkway<br/>Twinsburg, OH 44087 440-580-4800<br/><a href="http://www.ifsmeals.com">www.ifsmeals.com</a><br/>This institution is an equal opportunity provider.</p> <p>Menu Subject To Change<br/>Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)*<br/>Served With Milk</p> |  |  | <p><b>1 DOGS IN A BLANKET</b></p>  | <p><b>2 CHICKEN N' BISCUITS</b></p>   |
| <p><b>5 LABOR DAY</b></p>   | <p><b>6 CLASSIC BURGER</b></p>   | <p><b>7 SAY CHEESE! PIZZA</b></p>  | <p><b>8 GOLDEN NUGGETS</b></p>   | <p><b>9 CELEBRATION CHEF SALAD</b></p>  |
| <p><b>NO SERVICE</b></p>  | <p>½ C 100% Juice*<br/>¾ C Corn (20 CHO)<br/>Beef Patty (2 M - 4 CHO)<br/>Hamburger Bun (2 WG - 25 CHO)<br/>Ketchup Packet (2 CHO)</p>   | <p>½ C Applesauce (14 CHO)<br/>½ C Wango Mango Juice (13 CHO)<br/>½ C Baby Carrots (6 CHO)<br/>Cheese Pizza<br/>(2 MMA/2 WG - 34 CHO)</p>              | <p>½ C Banana (21 CHO)<br/>¾ C Carrots (7 CHO)<br/>Breaded Chicken Nuggets<br/>(2 M/1 WG - 14 CHO - 5 E)<br/>BBQ Packet (5 CHO)</p>  | <p>½ C 100% Juice*<br/>1 C Chopped Lettuce (4 CHO)<br/>¾ C Matchstick Carrots (7 CHO)<br/>Turkey (1.5 M - 1 CHO)<br/>Shredded Cheese (0.5 MMA - 1 CHO)<br/>Croutons (1 WG - 11 CHO)<br/>Cheez-It (1 WG - 14 CHO)<br/>Ranch Packet (8 CHO)</p> |
| <p><b>12 CRISPY CHICKEN PATTY</b></p>   | <p><b>13 FLUFFY CAKES &amp; LINKS</b></p>  | <p><b>14 CONEY DOG</b></p>   | <p><b>15 CHEESE DIPPERS</b></p>  | <p><b>16 HAM DINNER</b></p>   |
| <p>½ C 100% Juice*<br/>¾ C Broccoli (5 CHO)<br/>Chicken Patty (2 M/1 WG - 22 CHO)<br/>Hamburger Bun (2 WG - 25 CHO)<br/>BBQ Packet (5 CHO)</p>  | <p>½ C Craisin (27 CHO)<br/>¾ C Potato Rounds (20 CHO)<br/>Turkey Breakfast Sausage (2 M - 2 CHO)<br/>Pancakes (2 WG - 42 CHO - 2 E)<br/>Ketchup Packet (2 CHO)<br/>Syrup Cup (30 CHO)</p> | <p>½ C Applesauce (14 CHO)<br/>¾ C Coney Beans (42 CHO)<br/>Turkey Hot Dog (2 M - 1 CHO)<br/>Hotdog Bun (2 WG - 27 CHO)<br/>Ketchup Packet (2 CHO)</p> | <p>½ C 100% Juice*<br/>¾ C Green Beans (8 CHO)<br/>Cheese Stuffed Breadsticks<br/>(2 MMA/2 WG - 42 CHO - 2 E)<br/>Marinara Cup (14 CHO)</p>  | <p>½ C Banana (21 CHO)<br/>¾ C Carrots (7 CHO)<br/>¾ C Garlic Butter Mashed Potatoes (22 CHO)<br/>Turkey Ham (2 M - 2 oz - 1 CHO)<br/>Chocolate Chip Cookie (1 WG - 13 CHO)</p>   |
| <p><b>19 DOGS IN A BLANKET</b></p>  | <p><b>20 CHICKEN N' BISCUIT</b></p>  | <p><b>22 CHEESE QUESADILLA</b></p>   | <p><b>23 WONDEROUS WAFFLE</b></p>  | <p><b>24 MAC N' CHEESE</b></p>  |
| <p>½ C 100% Juice*<br/>¾ C Green Beans (8 CHO)<br/>Mini Corn Dogs<br/>(1.75 M/1.75 WG - 25 CHO - 5E)<br/>Ketchup Packet (2 CHO)</p>   | <p>½ C Apple Crisps (10 CHO)<br/>¾ C Carrots (7 CHO)<br/>Chicken Tenders (2 M/1 WG - 16 CHO - 3 E)<br/>Mini Biscuit (1 WG - 14 CHO - 1 E)<br/>Butter Cup (0 CHO)</p>                       | <p>½ C Applesauce (14 CHO)<br/>¾ C Taco Beans (36 CHO)<br/>Cheese Quesadilla<br/>(2 MMA/2 WG - 31 CHO - 3 E)<br/>Taco Packet (1 CHO)</p>               | <p>½ C 100% Juice*<br/>¾ C Potato Rounds (20 CHO)<br/>Turkey Breakfast Sausage (2 M - 2 CHO)<br/>Buttermilk Waffle (1 WG - 19 CHO - 1 E)<br/>Ketchup Packet (2 CHO)<br/>Syrup Cup (30 CHO)</p> | <p>½ C Banana (21 CHO)<br/>¾ C Broccoli (5 CHO)<br/>Cheesy Cheddar Penne Pasta (2 WG/2 MMA - 8.9 oz - 49 CHO)</p>   |
| <p><b>26 BREADSTICKS</b></p>  | <p><b>27 CLASSIC BURGER</b></p>  | <p><b>28 SAY CHEESE! PIZZA</b></p>   | <p><b>29 GOLDEN NUGGETS</b></p>  | <p><b>30 FIESTA BOWL SENSATION</b></p>  |
| <p>½ C 100% Juice*<br/>¾ C Broccoli (5 CHO)<br/>Cheese Stuffed Breadsticks<br/>(2 MMA /2 WG - 42 CHO)<br/>Marinara Cup (14 CHO)</p>   | <p>½ C Craisin (27 CHO)<br/>¾ C Baked Beans (42 CHO)<br/>Beef Patty (2 M - 4 CHO)<br/>Hamburger Bun (2 WG - 25 CHO)<br/>Ketchup Packet (2 CHO)</p>   | <p>½ C Applesauce (14 CHO)<br/>½ C Wango Mango Juice (13 CHO)<br/>½ C Baby Carrots (6 CHO)<br/>Cheese Pizza<br/>(2 MMA/2 WG - 34 CHO)</p>              | <p>½ C 100% Juice*<br/>¾ C Carrots (7 CHO)<br/>Breaded Chicken Nuggets<br/>(2 M /1 WG - 14 CHO)<br/>BBQ Packet (5 CHO)</p>   | <p>½ C Banana (21 CHO)<br/>¾ C Corn (14 CHO)<br/>¾ C Salsa (3 CHO)<br/>¾ C Brown Rice (1.5 WG - 36 CHO)<br/>Taco Beef (2 M -1.5 oz - 1 CHO)<br/>Queso Cheese (1MMA - 2oz - 4 CHO)</p>   |