

NOVEMBER 2022

K-8TH GRADE BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change	1	2	3	4
Served With Milk. *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	½ CUP 100% JUICE* ½ C ORANGE (17 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ)
7	8	9	10	11
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) TRIX BAR (1 OZ WG - 29 CHO)	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	½ CUP 100% JUICE* ½ C BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	½ CUP 100% JUICE* ½ C APPLE (24 CHO) MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)
14	15	16	17	18
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)	½ CUP 100% JUICE* ½ C BANANA (21 CHO) HONEY SCOOTER CEREAL (1 OZ WG - 22 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	½ CUP 100% JUICE* ½ C ORANGE (17 CHO) HONEY BUN (2 OZ WG - 34 CHO)	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)
21	22	23	24	25
No School	No School	No School	Happy Thanksgiving	No School
28	29	30	Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.	
No School	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	½ CUP 100% JUICE* ½ C BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		

NOVEMBER 2022

K-8TH GRADE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change Served With Milk. *Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)	1 GOLDEN NUGGETS ½ C Apple Crisps (10 CHO) ¾ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	2 CONEY DOG ½ C Applesauce (14 CHO) ¾ C Coney Beans (42 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	3 WONDEROUS WAFFLE ½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	4 FIESTA BOWL SENSATION ½ C Banana (21 CHO) ½ C Corn (14 CHO) ¾ C Salsa (3 CHO) ¾ C Brown Rice (1.5 WG - 36 CHO) Taco Beef (2 M -1.5 oz - 1 CHO) Queso Cheese (1 MMA - 1 oz - 4 CHO)
7 DOGS IN A BLANKET ½ C 100% Juice* ¾ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	8 CHICKEN N' BISCUIT ½ C Apple Crisps (10 CHO) ¾ C Baked Beans (42 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	9 SAY CHEESE! PIZZA ½ C Applesauce (14 CHO) ½ C Wango Mango Juice (13 CHO) ¾ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	10 FLUFFY CAKES & LINKS ½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	11 POPCORN CHICKEN ½ C Banana (21 CHO) ½ C Brown Sugar Carrots (7 CHO) ½ C Garlic Butter Mashed Potatoes (22 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)
14 CHEESE DIPPERS ½ C 100% Juice* ¾ C Pizza Green Beans (11 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	15 GOLDEN NUGGETS ½ C Apple Crisps (10 CHO) ¾ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	16 HOTDOG ½ C Applesauce (14 CHO) ¾ C Broccoli (5 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	17 CHICKEN PATTY ½ C 100% Juice* ¾ C BBQ Beans (49 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	18 TURKEY HAM DINNER ½ C Spiced Peaches (22 CHO) ½ C Harvest Corn (15 CHO) ½ C Mashed Potatoes (19 CHO) 2 oz Gravy (11 CHO) Turkey Ham (2 M - 2 oz - 1 CHO) Chocolate Chip Cookie (1 WG - 13 CHO)
21	22	23	24	25
No School	No School	No School	Happy Thanksgiving	No School
28	29 FLUFFY CAKES & LINKS ½ C Applesauce (14 CHO) ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	30 CHICKEN N' BISCUIT ½ C 100% Juice* ¾ C Corn (21 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider.	
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