

AUGUST 2022

K-5TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
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) CHEX CEREAL (1 OZ WG - 24 CHO)		½ CUP 100% JUICE* ½ C ORANGE (17 CHO) HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
8		9		10		11		12	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 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)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CINNAMON TOAST CRUNCH CEREAL (1 WG - 22 OZ)	
15		16		17		18		19	
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) CHEERIO CEREAL (1 WG - 14 CHO)		½ CUP 100% JUICE* ½ C ORANGE (17 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO)	
22		23		24		25		26	
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) CHEX CEREAL (1 OZ WG - 24 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
29		30		31	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), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)				
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 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)					

AUGUST 2022

6-8TH GRADE BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
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) CHEX CEREAL (1 OZ WG - 24 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 APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
8		9		10		11		12	
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 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 APPLE CRISPS (10 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CINNAMON TOAST CRUNCH CEREAL (1 WG - 22 OZ)	
15		16		17		18		19	
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) CHEERIO CEREAL (1 WG - 14 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C BANANA (21 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) LUCKY CHARM CEREAL (1 WG - 23 CHO)	
22		23		24		25		26	
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) CHEX CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)		½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)		½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)	
29		30		31	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), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)				
½ CUP 100% JUICE* ½ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 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)					

AUGUST 2022

K-8TH GRADE LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1. TACO BITES		2. MINI CORN DOGS		3. CHICKEN NUGGETS		4. BREAKFAST SANDWICH		5. CHICKEN AND BISCUITS	
½ C 100% Juice* ¾ C Taco Beans (36 CHO) Taco Bites (2 MMA/2 WG - 31 CHO) Taco Packet (1 CHO)		½ C Orange (17 CHO) ¾ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO) Ketchup Packet (2 CHO)		½ C Applesauce (14 CHO) ¾ C Baked Beans (42 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)		½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Egg Patty (1.5MMA - 2 CHO) American Cheese (0.5 MMA - 1 CHO) English Muffin (2 WG - 25 CHO) Ketchup Packet (2 CHO)		½ C Banana (21 CHO) ¾ C Brown Sugar Carrot (19 CHO) Buttermilk Biscuit (2 WG - 28 CHO) Sweet Italian Chicken Sausage Patty (2 M - 3 CHO) Honey Packet (14 CHO)	
8. FRENCH TOAST		9. TURKEY SANDWICH		10. HAMBURGER		11. BREADSTICKS		12. CHICKEN PATTY	
½ C 100% Juice* ¾ C Potato Rounds (20 CHO) French Toast Sticks (1 MMA / 2 WG - 42 CHO) Yogurt Cup (1 MMA - 14 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)		½ C Apple Crisps (10 CHO) ¾ C Baby Carrots (9 CHO) Pullman Bread (2 oz WG) Turkey Ham (1.5 oz M - 2 CHO) American Cheese (0.5 oz MMA - 1 CHO) Mayo Packet (2 CHO)		½ C Applesauce (14 CHO) ¾ C BBQ Beans (47 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)		½ C 100% Juice* ¾ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA / 2 WG - 42 CHO) Marinara Cup (14 CHO)		½ C Banana (21 CHO) ¾ C Broccoli (5 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	
15. CHEESE QUESADILLA		16. CHICKEN NUGGETS		17. CONEY DOG		18. PANCAKES		19. CHEESE PIZZA	
½ C 100% Juice* ¾ C Carrots (7 CHO) Cheese Quesadilla (2 MMA/2 WG - 31 CHO) Taco Packet (1 CHO)		½ C Orange (17 CHO) ¾ C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)		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)		½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG -42 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)		½ C Banana (21 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)	
22. HAMBURGER		23. WAFFLES		24. BREADSTICKS		25. MINI CORN DOGS		26. CHICKEN PATTY	
½ C 100% Juice* ¾ C Baked Beans (42 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)		½ C Apple Crisps (10 CHO) ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Waffles (2 WG -39 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)		½ C Applesauce (14 CHO) ¾ C Green Beans (8 CHO) Cheese Stuffed Breadsticks (2 MMA / 2 WG - 42 CHO) Marinara Cup (14 CHO)		½ C 100% Juice* ¾ C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 33 CHO) Ketchup Packet (2 CHO)		½ C Banana (21 CHO) ¾ C Carrots (7 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	
29. PANCAKES		30. CHEESE PIZZA		31. CHICKEN NUGGETS		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 Apple Juice (14 CHO), Orange Juice (15 CHO), Fruit Punch (14 CHO)* Served With Milk			
½ C 100% Juice* ¾ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)		½ C Orange (17 CHO) ½ C Wango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO)		½ C Applesauce (14 CHO) ¾ C Carrots (7 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO) BBQ Packet (5 CHO)					