

SEPTEMBER 2021
INTERGENERATIONAL BREAKFAST MENU

<p><i>Menu Subject to Change*</i> Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 I 440-580-4800 www.ifsmeals.com This institution is an equal opportunity provider. Served With 1%, 1% Chocolate Milk or Fat Free Milk*</p>		1	2	3
		<p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Apple Strudel (2 oz WG) (36 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Chex Cereal (1 oz WG) (24 CHO)</p>
6	7	8	9	10
<p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)</p>	<p>4oz 100% Juice ½ C Pineapple Tidbits (21 CHO)</p> <p>Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)</p>	<p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Chewy Breakfast Round (2 oz WG) (44 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Froot Loops Cereal (1 WG) (24 CHO)</p>
13	14	15	16	17
<p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)</p>	<p>4oz 100% Juice ½ C Pineapple Tidbits (21 CHO)</p> <p>Triple Berry Crunch Bar (2 oz WG) (43 CHO)</p>	<p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Cheerio Cereal Bowl (1 oz WG) (14 CHO) Elf Graham (1 oz WG) (17 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Honey Bun (2 oz WG) (34 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Frosted Flake (1 oz WG) (24 CHO)</p>
20	21	22	23	24
<p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Cinnamon Toast Crunch RS (1 oz WG) (22 CHO)</p>	<p>4oz 100% Juice ½ C Pineapple Tidbits (21 CHO)</p> <p>Crunch Mania (2 oz WG) (27 CHO)</p>	<p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Apple Strudel (2 oz WG) (36 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Banana (23 CHO)</p> <p>Chex Cereal (1 oz WG) (24 CHO)</p>
27	28	29	30	
<p>4oz 100% Juice ½ C Craisin (21 CHO)</p> <p>Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)</p>	<p>4oz 100% Juice ½ C Pineapple Tidbits (21 CHO)</p> <p>Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)</p>	<p>4oz 100% Juice ½ C Applesauce Cup (12 CHO)</p> <p>Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)</p>	<p>4oz 100% Juice ½ C Fresh Orange (23 CHO)</p> <p>Chewy Breakfast Round (2 oz WG) (44 CHO)</p>	

SEPTEMBER 2021
K-8TH GRADE LUNCH

Served With Milk*
Menu Subject to Change*

Innovation Foods
1550 Enterprise Parkway
Twinsburg, OH 44087 I 440-580-4800
www.ifsmeals.com

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		1 Sloppy Joe	2 Breakfast Sandwich	3 Double Stuffed Breadstick
		4 oz 100% Juice* $\frac{3}{4}$ C Carrots (18 CHO) 2.5 oz Sloppy Joe (9 CHO) (2 M) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	$\frac{1}{2}$ C Fresh Banana (23 CHO) $\frac{3}{4}$ C Tater Tots (24 CHO) 1.5 oz Egg Patty (>1 CHO) (1.5MMA) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) 2.25 oz English Muffin (25 CHO) (2 WG) Ketchup Packet (2 CHO)	4 oz 100% Juice* $\frac{3}{4}$ C Pizza Green Beans (9 CHO) 4.28 oz Double Stuffed Breadstick (2 MMA/ 2 WG) (32 CHO) Marinara Cup (4 CHO)
6 Chicken Patty	7 Cheese Quesadilla	8 Man N' Cheese	9 Bosco Sticks	10 Waffles & Sausage
$\frac{1}{2}$ C Applesauce Cup (12 CHO) $\frac{3}{4}$ C Broccoli (8 CHO) 3.98 oz Chicken Patty (14 CHO) (2M / 1 WG) 2.4 oz Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Fresh Orange (23 CHO) $\frac{3}{4}$ C Queso Pinto Beans (43 CHO) 4.02 oz Cheese Quesadilla (31 CHO) (2 WG/2 MMA) Taco Packet (2CHO)	4 oz 100% Juice* $\frac{3}{4}$ C Carrots (18 CHO) 1 C Cheesy Elbow Pasta (2 G) (43 CHO) 3.2 oz Cheddar Cheese Sauce (1 MMA) (3 CHO) 1 oz Cheddar Cheese Cheddar Cheese (0 CHO)	$\frac{1}{2}$ C Fresh Banana (23 CHO) $\frac{3}{4}$ C Green Beans (8 CHO) 3.98 oz Bosco Sticks (2E) (28 CHO) (2 E) (2 WG/2 MMA) Marinara Cup (4 CHO) (2 CHO)	4 oz 100% Juice* $\frac{3}{4}$ C Breakfast Potatoes (24 CHO) 2.34 oz WG Waffles (27 CHO) 2 oz Turkey Sausage Patty (>1 CHO) (2 M) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)
13 Walking Taco	14 Corn Dogs	15 Pulled Chicken Sandwich	16 Sausage Biscuit	17 Turkey Sausage Breakfast Pizza
$\frac{1}{2}$ C Applesauce Cup (12 CHO) $\frac{3}{4}$ C Carrots (6 CHO) $\frac{1}{2}$ C Street Corn (18 CHO) 0.5oz Cheddar Cheese (>1 CHO) (0.5 MMA) 1.5 Taco Beef (2 CHO) (1.5 M) Taco Sauce Packet (1 CHO) 1.41 oz WG LF Nacho Dorito Bag (28 CHO) (2 WG)	$\frac{1}{2}$ C Fresh Orange (23 CHO) $\frac{3}{4}$ C Baked Beans (28 CHO) $\frac{1}{2}$ C Green Beans (6 CHO) 3.67 oz Honey Crunch Mini Corn Dogs (6E) (42 CHO) (2 WG/ 2 M) Ketchup Packet (2 CHO)	4 oz 100% Juice* $\frac{3}{4}$ C Brown Sugar Carrots (28 CHO) 3 oz Braised Shredded Chicken (11 CHO) 2.1 oz WG Bun (17 CHO) (2 WG)	$\frac{1}{2}$ C Fresh Banana (23 CHO) $\frac{3}{4}$ C Broccoli (8 CHO) 2.2 oz Southern Style Buttermilk Biscuit (28 CHO) (2 WG) 3.1 Sweet Italian Chicken Sausage Patty (3 CHO) (2 M) Ketchup Packet (2 CHO)	4 oz 100% Juice* $\frac{3}{4}$ C Tater Tots (24 CHO) 4.38 oz Turkey Sausage Breakfast Pizza (2E) (31 CH) (2 E) (2 WG/2 MMA)
20 French Toast	21 Cheese Pizza	22 BBQ Chicken	23 Taco Bites	24 Turkey Sandwich
$\frac{1}{2}$ C Applesauce Cup (12 CHO) $\frac{3}{4}$ C Tater Tots (32 CHO) 2.9 oz WG French Toast Sticks (27 CHO) (2WG/ 1 MMA) Strawberry Yogurt Cup (14 CHO) (1 MMA) Syrup Cup (31 CHO) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Fresh Orange (23 CHO) $\frac{3}{4}$ C Carrots (18 CHO) 3.1 oz Stuffed Cheese Pizza (39 CHO) (2 MMA/ 2 WG)	4 oz 100% Juice* $\frac{3}{4}$ C Broccoli (8 CHO) $\frac{1}{2}$ C Brown Rice Pilaf (29 CHO) (1 WG) 4.02 oz BBQ Chicken Legs (2E) (14 CHO) (2 E) 1.3 oz WG Cornbread (14 CHO) (1 WG)	$\frac{1}{2}$ C Fresh Banana (23 CHO) $\frac{3}{4}$ C Taco Beans (39 CHO) Taco Bites (20 CHO) (2 WG/2 MMA) Taco Packet (2 CHO)	$\frac{1}{2}$ C Fresh Fruit Salad* 4 oz Wango Mango Juice (14 CHO) 2.4 oz WG Pullman Bread (2 WG) (22 CHO) 1.5 oz Turkey Breast (>1 CHO) (1.5 M) 0.5 oz American Cheese (1 CHO) (0.5 MMA) Mayo Packet (0 CHO)
27 Cheeseburger	28 Chicken Nuggets	29 Sloppy Joe	30 Breakfast Sandwich	
$\frac{1}{2}$ C Applesauce Cup (12 CHO) $\frac{3}{4}$ C Broccoli (8 CHO) 2.02 oz Beef Patty (13 CHO) (1.5M) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	$\frac{1}{2}$ C Fresh Orange (23 CHO) $\frac{3}{4}$ C Baked Beans (28 CHO) 3.2 oz Breaded Chicken Nuggets (2 WG/2 M) (14 CHO) BBQ Packet (4 CHO)	4 oz 100% Juice* $\frac{3}{4}$ C Carrots (18 CHO) 2.5 oz Sloppy Joe (9 CHO) (2 M) 2.4 oz WG Hamburger Bun (2 WG) (19 CHO)	$\frac{1}{2}$ C Fresh Banana (23 CHO) $\frac{3}{4}$ C Tater Tots (24 CHO) 1.5 oz Egg Patty (>1 CHO) (1.5MMA) 0.5 oz American Cheese (>1 CHO) (0.5 MMA) 2.25 oz English Muffin (25 CHO) (2 WG) Ketchup Packet (2 CHO)	