

SEPTEMBER 2021
K-8TH COLD 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 $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Apple Strudel (2 oz WG) (36 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Chex Cereal (1 oz WG) (24 CHO)</p>
6	7	8	9	10
<p>4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Golden Grahams Cereal Bowl (1 oz WG) (23 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Cheese Cinnamon Bagel Bites (2 oz WG) (42 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Trix Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Chewy Breakfast Round (2 oz WG) (44 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Froot Loops Cereal (1 WG) (24 CHO)</p>
13	14	15	16	17
<p>4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Apple Jacks Cereal Bowl (1 oz WG) (14 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Triple Berry Crunch Bar (2 oz WG) (43 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cheerio Cereal Bowl (1 oz WG) (14 CHO) Elf Graham (1 oz WG) (17 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Honey Bun (2 oz WG) (34 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Frosted Flake (1 oz WG) (24 CHO)</p>
20	21	22	23	24
<p>4oz 100% Juice $\frac{1}{2}$ C Craisin (21 CHO) Cinnamon Toast Crunch RS (1 oz WG) (22 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Crunch Mania (2 oz WG) (27 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cocoa Puffs Cereal Bowl (1 oz WG) (25 CHO) Elf Graham (1 oz WG) (17 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Apple Strudel (2 oz WG) (36 CHO)</p>	<p>4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Chex Cereal (1 oz WG) (24 CHO)</p>
27	28	29	30	
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