

**JANUARY 2022
K-8TH GRADE BREAKFAST MENU**

3	4	5	6	7
4oz 100% Juice $\frac{1}{2}$ C Raisin (21 CHO) Cinnamon Toast Crunch RS Cereal Bowl (1 oz WG) (22 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Chocolate Chip Oatmeal Breakfast Bar (2 oz WG) (24 CHO)	4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Frosted Flake Cereal Bowl (1 oz WG) (25 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Blueberry Lemon Graham Bites (2 oz WG) (21 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Golden Graham Cereal Bar (2 oz WG) (24 CHO)
10	11	12	13	14
4oz 100% Juice $\frac{1}{2}$ C Raisin (21 CHO) Lucky Charms Cereal Bowl (1 oz WG) (23 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Honey Bun (2 oz WG) (34 CHO)	4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Colossal Berry Crunch Cereal Bowl (1 oz WG) (25 CHO) Tiger Graham (1 oz) (21 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Frosted Pop-Tart (2 oz WG) (34 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Cinnamon Toast Crunch Cereal Bar (2 oz WG) (24 CHO)
17	18	19	20	21
4oz 100% Juice $\frac{1}{2}$ C Raisin (21 CHO) Crispy Rice Cereal Bowl (1 oz WG) (16 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Butterscotch Oatmeal Breakfast Bar (2 oz WG) (25 CHO)	4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Cocoa Roo Cereal Bowl (1 oz WG) (24 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Brown Sugar Cinnamon Graham Bites (2 oz WG) (21 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Trix Cereal Bar (2 oz WG) (29 CHO)
24	25	26	27	28
4oz 100% Juice $\frac{1}{2}$ C Raisin (21 CHO) Cinnamon Toast Crunch RS Cereal Bowl (1 oz WG) (22 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Apple (21 CHO) Chocolate Chip Oatmeal Breakfast Bar (2 oz WG) (24 CHO)	4oz 100% Juice $\frac{1}{2}$ C Applesauce Cup (12 CHO) Frosted Flake Cereal Bowl (1 oz WG) (25 CHO) Graham Cracker (1 oz WG) (8 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Orange (23 CHO) Frosted Pop-Tart (2 oz WG) (34 CHO)	4oz 100% Juice $\frac{1}{2}$ C Fresh Banana (23 CHO) Golden Graham Cereal Bar (2 oz WG) (24 CHO)
31	Menu Subject to Change* Served With Milk* Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 I 440-580- www.ifsmeals.com This institution is an equal opportunity provider.			
4oz 100% Juice $\frac{1}{2}$ C Raisin (21 CHO) Lucky Charms Cereal Bowl (1 oz WG) (23 CHO)	4800			