

OCTOBER 2024		K-8TH GRADE BREAKFAST MENU			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu Subject to Change	1	2	3	4	
Served With Milk	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Honey Bun (2 oz - 35 CHO)	4 oz 100% Juice Banana (½ Cup - 21 CHO) Frosted Flakes Cereal Bowl (1 oz WG - 19 CHO) Graham Cracker (1 oz WG - 17 CHO)	4 oz 100% Juice* Fruit (½ Cup) Trix Bar (1 oz WG - 30 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Blueberry Infused Waffle (1 oz WG - 37 CHO)	
7	8	9	10	11	
4 oz 100% Juice* Apple Crisp (½ Cup - 10 CHO) Scooter Cereal Bowl (1 oz WG - 22 CHO)	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Crunch Mania (2 oz - 37 CHO)	4 oz 100% Juice Banana (½ Cup - 21 CHO) Cinnamon Toaster Cereal Bowl (1 oz WG - 19 CHO) Graham Cracker (1 oz WG - 17 CHO)	4 oz 100% Juice* Fruit (½ Cup) Golden Graham Bar (1 oz WG - 30 CHO)	No School	
14	15	16	17	18	
No School	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Triple Berry Bar (2 oz WG - 43 CHO)	4 oz 100% Juice Fruit (½ Cup) Marshmallow Matey Cereal Bowl (1 oz WG - 22 CHO) Graham Cracker (1 oz WG - 17 CHO)	4 oz 100% Juice* Banana (½ Cup - 21 CHO) Frosted Pop-Tart (1 oz WG - 36 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Maple Infused Waffle (1 oz WG - 37 CHO)	
21	22	23	24	25	
No School	No School	4 oz 100% Juice Banana (½ Cup - 21 CHO) Frosted Flakes Cereal Bowl (1 oz WG - 19 CHO) Graham Cracker (1 oz WG - 17 CHO)	4 oz 100% Juice* Fruit (½ Cup) Trix Bar (1 oz WG - 30 CHO)	4 oz 100% Juice Apple (½ Cup - 14 CHO) Blueberry Infused Waffle (1 oz WG - 37 CHO)	
28	29	30	31	Innovation Food Service	
4 oz 100% Juice* Apple Crisp (½ Cup - 10 CHO) Apple Jacks Cereal Bowl (1 oz WG - 25 CHO)	4 oz 100% Juice Applesauce (½ Cup - 14 CHO) Chocolate Chip Bar (1.5 WG - 37 CHO)	4 oz 100% Juice Fruit (½ Cup) Cinnamon Toaster Cereal Bowl (1 oz WG - 19 CHO) Graham Cracker (1 oz WG - 17 CHO)	4 oz 100% Juice* Banana (½ Cup - 21 CHO) Golden Graham Bar (1 oz WG - 30 CHO)	1550 Enterprise Parkway Twinsburg, OH 44087 330-425-7979 www.ifsm meals.com This institution is an equal opportunity provider.	

OCTOBER 2024		K-8TH GRADE LUNCH MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change	1 WAFFLES	2 GRILLED CHEESE	3 HAMBURGER	4 BBQ CHICKEN BASKET
Served With Milk	½ Craisin (27 CHO) ¾ C Tater Tots (18 CHO) Breakfast Sausage (2 M - 2 CHO) Waffle (1 WG - 32 CHO - 1 E) Syrup Cup (30 CHO) Ketchup Packet (2 CHO)	½ C Applesauce (14 CHO) ¾ C Green Beans (9 CHO) Grilled Cheese (2 MMA/2 WG - 36 CHO)	½ C 100% Juice* ¾ C Corn (16 CHO) Beef Patty (2 M- 12 CHO) Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	½ C Banana (21 CHO) ¾ C Garlic Crinkle Cut Fry (27 CHO) BBQ Chicken Nuggets (2 M/1 WG - 19 CHO - 5 E)
7 DOGS IN A BLANKET	8 TACO BITES	9 SAY CHEESE! PIZZA	10 CHICKEN PATTY	11
½ C 100% Juice ¾ C Green Beans (9 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 5E) Ketchup Packet (2 CHO)	½ Craisin (27 CHO) ¾ C Corn (16 CHO) Beef Taco Bites (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)	½ C Applesauce (14 CHO) ¾ C Baby Carrots (9 CHO) Cheese Pizza (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)	½ C 100% Juice* ¾ C Southwest Salad (42 CHO) Chicken Patty (2 M- 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)	No School
14	15 BREADSTICKS	16 TURKEY SANDWICH	17 CONEY DOG	18 SWEET THAI BOWL
No School	½ Craisin (27 CHO) ¾ C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	½ C Applesauce (14 CHO) ¾ C Baby Carrots (9 CHO) Pullman Bread (2 WG - 21 CHO) Turkey & Cheese (2 M/MMA - 3 CHO) Mustard Packet (0 CHO)	½ C 100% Juice* 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 Banana (21 CHO) ¾ C Green Beans (9 CHO) ¾ C Pineapple Ginger Rice (1G - ¼ C V- 28 CHO) Sweet Thai Chicken Nuggets (2M/1G - 16 CHO)
21	22	23 CHEESE QUESADILLA	24 HAMBURGER	25 POPCORN CHICKEN BOWL
No School	No School	½ C Applesauce (14 CHO) ¾ C Seasoned Bean Salad (44 CHO) Cheese Quesadilla (2 M/2 WG - 31 CHO - 3 E) Taco Packet (2 CHO)	½ C 100% Juice* ¾ C Green Beans (9 CHO) Beef Patty (2 M- 12 CHO) Bun (2 WG - 27 CHO) Ketchup Packet (1 CHO)	½ C Banana (21 CHO) ¾ C Carrots (11 CHO) ¾ C Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 12 E) Graham Cracker (1 WG - 17 CHO)
28 FRENCH TOAST	29 CHICKEN NUGGETS	30 GRILLED CHEESE	31 DOGS IN A BLANKET	Innovation Food Service
½ C 100% Juice ¾ C Tater Tots (18 CHO) French Toast (1 WG/2MMA - 49 CHO) Syrup Cup (30 CHO) Ketchup Packet (2 CHO)	½ Craisin (27 CHO) ¾ C Corn (16 CHO) Chicken Nuggets (2 M/1 WG - 16 CHO) Ketchup Packet (1 CHO)	½ C Applesauce (14 CHO) ¾ C Green Beans (9 CHO) Grilled Cheese (2 MMA/2 WG - 36 CHO)	½ C 100% Juice* ¾ C Carrots (11 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO- 5E) Ketchup Packet (2 CHO)	1550 Enterprise Parkway Twinsburg, OH 44087 330-425-7979 www.ifsmeals.com This institution is an equal opportunity provider.