

NOVEMBER 2022 K-8TH GRADE BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Menu Subject To Change Served With Milk. *Apple Juice (14 CHO), Fruit Punch Juice (14 CHO) *Apple Juice (13 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)	1 ½ CUP 100% JUICE* ¾ C CRAISIN (27 CHO) BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	2 ½ CUP 100% JUICE* ¾ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	3 ½ CUP 100% JUICE* ¾ C ORANGE (17 CHO) LEMON CHIP CRUNCH BAR (2 WG - 42 CHO)	4 ½ CUP 100% JUICE* ¾ C APPLE (24 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ)
7 ½ CUP 100% JUICE* ¾ C APPLESAUCE (14 CHO) TRIX BAR (1 OZ WG - 29 CHO)	8 ½ CUP 100% JUICE* ¾ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	9 ½ CUP 100% JUICE* ¾ C BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	10 ½ CUP 100% JUICE* ¾ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	11 ½ CUP 100% JUICE* ¾ C APPLE (24 CHO) MARSHMALLOW MASTER CEREAL (1 WG - 22 CHO)
14 ½ CUP 100% JUICE* ¾ C APPLESAUCE (14 CHO) FROSTED POP TART (1.25 OZ WG - 38 CHO)	15 ½ CUP 100% JUICE* ¾ C CRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)	16 ½ CUP 100% JUICE* ¾ C BANANA (21 CHO) HONEY SCOOTER CEREAL (1 OZ WG - 22 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	17 ½ CUP 100% JUICE* ¾ C ORANGE (17 CHO) HONEY BUN (2 OZ WG - 34 CHO)	18 ½ CUP 100% JUICE* ¾ C APPLE (24 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)
21 ½ CUP 100% JUICE* ¾ C APPLESAUCE (14 CHO) COCOA PUFF BAR (1 OZ WG - 30 CHO)	22 ½ CUP 100% JUICE* ¾ C CRAISIN (27 CHO) BREAKFAST OATMEAL ROUND (2 WG - 50 CHO)	23 No School	24 Happy Thanksgiving	25 No School
28 29	29 ½ CUP 100% JUICE* ¾ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	30 ½ CUP 100% JUICE* ¾ C BANANA (21 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	Innovation Foods 1550 Enterprise Parkway Twinsburg, OH 44087 440-580-4800 www.itsmeds.com This institution is an equal opportunity provider.	

NOVEMBER 2022		K-8TH GRADE LUNCH MENU	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY			
Menu Subject To Change Served With Milk. Apple Juice (14 CHO), Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)	1 GOLDEN NUGGETS ½ C Apple Crisps (10 CHO) ½ C Carrots (7 CHO) Breaded Chicken Nuggets Mini Corn Dogs ½ C Baked Beans (42 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	2 CONEY DOG ½ C Applesauce (14 CHO) Turkey Hot Dog (2 M - 1 CHO) ½ C Coney Beans (42 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	3 WONDEROUS WAFFLE ½ C 100% Juice* ½ C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)
7 DOGS IN A BLANKET ½ C 100% Juice* ½ C Broccoli (5 CHO) Mini Corn Dogs 2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	8 CHICKEN N° BISCUIT ½ C Applesauce (14 CHO) ½ C Mango Mango Juice (13 CHO) ½ C Baby Carrots (6 CHO) Cheese Pizza 2 MMA/2 WG - 34 CHO)	9 SAY CHEESE! PIZZA 10 FLUFFY CAKES & LINKS 11 POPCORN CHICKEN	10 FLUFFY CAKES & LINKS 11 POPCORN CHICKEN
14 CHEESE DIPPERS ½ C 100% Juice* ½ C Pizzo Green Beans (11 CHO) Cheese Stuffed Breadsticks 2 MMA/2 WG - 42 CHO - 2 E) Mantana Cup (14 CHO)	15 GOLDEN NUGGETS ½ C Apple Crisps (10 CHO) Breaded Chicken Nuggets 2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	16 HOTDOG ½ C Applesauce (14 CHO) ½ C Broccoli (5 CHO) Turkey Hot Dog (2 M - 1 CHO) Hotdog Bun (2 WG - 27 CHO) Ketchup Packet (2 CHO)	17 CHICKEN PATTY ½ C 100% Juice* ½ C BBQ Beans (49 CHO) Chicken Patty (2 M/1 WG - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)
21 DOGS IN A BLANKET ½ C 100% Juice* ½ C Mixed Vegetables (12 CHO) Mini Corn Dogs 2 M/2 WG - 30 CHO - 5 E) Ketchup Packet (2 CHO)	22 CHICKEN AND WAFFLES ½ C 100% Juice* ½ C Potato Rounds (20 CHO) Chicken Tenders (1.3 M/0.6 WG - 11 CHO - 2 E) Buttermilk Waffle (1 WG - 19 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	23 No School	24 Happy Thanksgiving
28 No School	29 FLUFFY CAKES & LINKS 30 CHICKEN N° BISCUIT	25 No School	25 No School
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