


Type School Name Here

MCFI

K-12 Cold Breakfast



**September
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			1 WG Raisin Bran Cereal Cherry Vanilla Yogurt Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	2 WG Nature Valley Banana Breakfast Round Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk
5 SCHOOL CLOSED MCFI CLOSED 	6 WG Rice Krispies Berry Granola Bar WG MJM Chocolate Bear Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	7 WG Vanilla Honey Bunches of Oats WG Cinnamon Gripz Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	8 WG Blueberry Chex WG Apple Cinnamon Muffin Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	9 WG Cinnamon Granola String Cheese Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk
12 WG MJM Vanilla Bears Strawberry Banana Yogurt Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	13 WG Cinnamon Crunchmania Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	14 WG Honey Cheerios String Cheese Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	15 WG Pretzel Goldfish Cinnamon Apple Spread Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	16 WG Cinnamon Flakes WG MJM Cracker Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk
19 WG Lemon Dunker Bar WG MJM Cracker 100% Fruit Juice Choice of Milk	20 WG Animal Crackers Creamy Chickpea Spread Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	21 WG Rice Krispies Cinnamon Granola Bar Spicy Sunflower Seeds Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	22 WG Corn Chex WG MJM Vanilla Bear Grahams Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	23 WG Strawberry Granola Vanilla Yogurt Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk
26 WG Cinnamon Toast Crunch Filled Bread Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	27 WG Blueberry Muffin String Cheese Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	28 WG Original Honey Bunches of Oats WG Cinnamon Crispy Bites Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	29 WG French Toast Crunchmania Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk	30 WG Multigrain Cheerios Honey Roasted Sunflower Seeds Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk