

Type School Name Here



October 2022

MCFI

K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Banana Breakfast Bread 100% Orange Juice Assorted Applesauce Cup Choice of Milk	4 WG Triple Berry Dunker Bar 100% Apple Juice Raisins Choice of Milk	5 WG Cinnamon Crunchmania 100% Fruit Punch Juice Fresh Banana Choice of Milk	6 WG Vanilla Bear Graham Cinnamon Apple Spread 100% Orange Juice Mango Applesauce Cup Choice of Milk	7 Multigrain Frosted Flakes Cheese Stick 100% Apple Juice Fresh Banana Choice of Milk
10 WG Frosted Mini Wheats Apple Cinnamon Bear Grahams 100% Fruit Punch Juice Peach Cup Choice of Milk	11 WG Chocolate Bears Creamy Chickpea Spread 100% Orange Juice Applesauce Cup Choice of Milk	12 WG Cinnamon Flakes Cereal WG Maple Waffle Graham 100% Apple Juice Fresh Banana Choice of Milk	13 Strawberry Granola Vanilla Yogurt Cup 100% Fruit Punch Juice Mixed Berry Cup Choice of Milk	14 WG Pumpkin Breakfast Bread 100% Orange Juice Fresh Banana Choice of Milk
17 WG Strawberry Waffle Grahams Hard Boiled Egg or Cheese Stick 100% Apple Juice Strawberry Cup Choice of Milk	18 WG Cinnamon Filled Mini Bagel 100% Orange Juice Peach Cup Choice of Milk	19 WG Vanilla Honey Bunches of Oats WG Cinnamon Gripz Raisins Fresh Banana Choice of Milk	20 WG Blueberry Chex WG Strawberry Muffin 100% Fruit Punch Juice Strawberry Cup Choice of Milk	21 WG Raisin Bran Cinnamon Graham Goldfish 100% Apple Juice Fresh Banana Choice of Milk
24 WG Goldfish Pretzels Strawberry Banana Yogurt 100% Orange Juice Applesauce Cup Choice of Milk	25 WG Blueberry Breakfast Bread 100% Fruit Punch Juice Strawberry Cup Choice of Milk	26 Honey Cheerios Hard Boiled Egg or Cheese Stick 100% Apple Juice Fresh Banana Choice of Milk	27 Assorted Graham Cracker Cinnamon Apple Spread 100% Orange Juice Cherry Craisins Choice of Milk	28 Assorted WG Cereal Assorted WG Crackers 100% Apple Juice Fresh Banana Choice of Milk
31 WG Cherry Apple Dunker Bar 100% Fruit Punch Juice Applesauce Cup Choice of Milk	<u>MILK FOR SCHOOL:</u> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			

This institution is an equal opportunity provider.