


Type School Name Here



# November 2022

## MCFI

### K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> WG Animal Crackers Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>2</b> WG Blueberry Muffin Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>3</b> WG Corn Chex WG Graham Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>4</b> WG Vanilla Bear Graham Strawberry Banana Yogurt 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>7</b> WG Cinnamon Toast Crunch Filled Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>8</b> WG Apple Cinnamon Muffin Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>9</b> WG Honey Bunches of Oats WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>10</b> WG Banana Chocolate Chip Granola Round 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>11</b> WG Multigrain Cheerios Spicy Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>14</b> WG Banana Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>15</b> WG Triple Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>16</b> WG Cinnamon Crunchmania 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>17</b> WG Vanilla Bear Graham Cinnamon Apple Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>18</b> WG Multigrain Frosted Flakes Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>21</b> WG Frosted Mini Wheats Vanilla Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>22</b> WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>23</b> WG Cinnamon Flakes WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>24</b>   NO SCHOOL / MCFI CLOSED	<b>25</b>   NO SCHOOL / MCFI CLOSED
<b>28</b> WG Strawberry Waffle Graham Hard-Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>29</b> WG Cinnamon Filled Mini Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>30</b> WG Vanilla Honey Bunches of Oats WG Cinnamon Gripz 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE	

This institution is an equal opportunity provider.