

Type School Name Here



# February 2023

## MCFI

### K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> WG Strawberry Filled Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>2</b> WG Corn Chex WG Apple Cinnamon Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>3</b> WG Vanilla Bear Graham Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>6</b> WG Cinnamon Breakfast Bread 100% Fruit Juice Applesauce Cup Choice of Milk	<b>7</b> WG Golden Grahams Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>8</b> WG Cheerios WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>9</b> WG Banana Chocolate Chip Granola Round 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>10</b> WG Multigrain Cheerios Spicy Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>13</b> WG Banana Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>14</b> WG Vanilla Bear Grahams Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>15</b> WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>16</b> Multigrain Frosted Flakes Honey Roasted Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>17</b> WG Cinnamon Bun Crunchmania 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>20</b> WG Frosted Mini Wheats WG Apple Cinnamon Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>21</b> WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>22</b> WG Cinnamon Filled Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>23</b> WG Honey Bunches of Oats Vanilla Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>24</b> WG Cinnamon Chex WG Strawberry Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>27</b> Multigrain Frosted Flakes Hard Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>28</b> WG Vanilla Honey Bunches of Oats WG Cinnamon Goldfish Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  MENU SUBJECT TO CHANGE		

revised 1-24-23

This institution is an equal opportunity provider.