

Type School Name Here



February 2023

MCFI

K-12 Hot Breakfast

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