

MCFI

K-12 Cold Breakfast



MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MILK FOR SCHOOL:</u></p> <p>SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE</p>		1 WG Cinnamon Filled Minibagel Raisins Seasonal Breakfast Fruit Choice of Milk	2 WG Multigrain Cheerios WG Apple Cinnamon Muffin Applesauce Cup 100% Fruit Juice Choice of Milk	3 WG Raisin Bran Cereal Bowl WG Savory Bites1 00% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
6 WG Goldfish Pretzels Strawberry Banana Yogurt 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	7 WG Crunchmania - Cinnamon Bun 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	8 WG Honey Cheerios Cereal Bowl Hard Boiled Egg or String Cheese 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	9 Apple Cinnamon Spread WG Honey Grahams 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	10 WG Blueberry Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
13 WG Cherry Apple Dunker Bar 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	14 Creamy Chickpea Spread WG Animal Cracker 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	15 WG Cinnamon filled Mini Bagel 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	16 Honey Roasted Sunflower Seeds WG Corn Chex Cereal Bowl 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	17 Vanilla Yogurt Cup WG Vanilla Bear Crackers 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
20 WG Cinnamon Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	21 String Cheese WG Golden Grahams Cereal Bowl 100% Fruit Juice Mixed Dried Fruit Choice of Milk	22 WG Cheerios Cereal Bowl WG Maple Waffle Crackers 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	23 Banana Choc Chip Granola Round 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	24 Spicy Sunflower Seeds WG Multigrain Frosted Flakes Cereal Bowl 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
27 WG Banana Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	28 WG Vanilla Bear Crackers Apple Cinnamon Spread 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	29 WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	30 WG Multigrain Cheerios Bowl Honey Roasted Sunflower Seeds 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	31 WG Crunchmania - Cinnamon Bun 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk

2/13/2023