

Type Your School Name here



**APRIL 2023**

**MCFI**

**K-12 Cold Breakfast**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>WG Frosted Mini Wheats Cereal WG Apple Cinnamon Bear Crackers 100% Fruit Punch Juice Mixed Dried Fruit Choice of Milk</p>	<p>4</p> <p>WG Chocolate Bear Crackers Creamy Chickpea Spread 100% Orange Juice Applesauce Cup Choice of Milk</p>	<p>5</p> <p>WG Honey Cheerios Cereal WG Maple Waffle Crackers Fresh Banana 100% Apple Juice Choice of Milk</p>	<p>6</p> <p>WG Triple Berry Dunker Bar 100% Fruit Punch Mixed Berry Cup Choice of Milk</p>	<p>7</p> <p>WG Blueberry Muffin Hard Boiled Egg OR String Cheese 100% Apple Juice Fresh Banana Choice of Milk</p>
<p>10</p> <p>WG Cinnamon filled Mini Bagel 100% Orange Juice Applesauce Cup Choice of Milk</p>	<p>11</p> <p>WG Colden Grahams Cereal Peach Yogurt Cup, LOCAL Diced Peach Cup 100% Orange Juice Choice of Milk</p>	<p>12</p> <p>WG Vanilla Honey Bunches of Oats Cereal Spicy Roasted Sunflower Seeds Fresh Banana 100% Apple Juice Choice of Milk</p>	<p>13</p> <p>WG Apple Cinnamon Bear Crackers Apple Cinnamon Spread 100% Fruit Punch Craisins Choice of Milk</p>	<p>14</p> <p>WG Cherry Apple Dunker Bar Fresh Banana 100% Orange Juice, Frozen Choice of Milk</p>
<p>17</p> <p>WG Crunchmania - Cinnamon Bun 100% Fruit Punch Juice Applesauce Mango cup Choice of Milk</p>	<p>18</p> <p>WG Honey Cheerios Cereal WG Animal Cracker 100% Apple Juice Diced Peach Cup Choice of Milk</p>	<p>19</p> <p>WG Frosted Mini Wheats Cereal WG Honey Grahams Fresh Banana 100% Fruit Punch Juice Choice of Milk</p>	<p>20</p> <p>WG Blueberry Muffin Hard Boiled Egg OR String Cheese 100% Orange Juice Raisins Choice of Milk</p>	<p>21</p> <p>Strawberry Yogurt Cup Rockin'ola Granola 100% Apple Juice, Frozen Fresh Banana Choice of Milk</p>
<p>24</p> <p>WG Strawberry-filled Bagel 100% Fruit Punch Juice Diced Peach Cup Choice of Milk</p>	<p>25</p> <p>WG Goldfish Pretzels Creamy Chickpea Spread 100% Apple Juice Applesauce Cup Choice of Milk</p>	<p>26</p> <p>WG Multigrain Cheerios String Cheese Fresh Banana 100% Orange Juice Choice of Milk</p>	<p>27</p> <p>WG Corn Chex Cereal Honey Roasted Sunflower Seeds 100% Fruit Punch Juice Raisins Choice of Milk</p>	<p>28</p> <p>100% Apple Juice Fresh Banana WG Vanilla Bear Crackers Blueberry Yogurt Cup LOCAL Choice of Milk</p>

**MILK FOR SCHOOL:**

SKIM WHITE  
LOW FAT WHITE  
SKIM CHOCOLATE  
MENU SUBJECT TO CHANGE

3/21/2023