

Type School Name Here

MCFI

K-12 Cold Breakfast



**August
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	2 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	3 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	4 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	5 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
8 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	9 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	10 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	11 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	12 Whole Grain Cereal or Cereal Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
15 Whole Grain Cinnamon Toast Crunch Filled Bread Seasonal Fruit 100% Fruit Juice Choice of Milk	16 Whole Grain Apple Cinnamon Muffin Cheese Stick Seasonal Fruit 100% Fruit Juice Choice of Milk	17 Whole Grain Mini Cinnis Seasonal Fruit 100% Fruit Juice Choice of Milk	18 WG Banana Chocolate Chip Granola Round Seasonal Fruit 100% Fruit Juice Choice of Milk	19 Multigrain Cheerios Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
22 Whole Grain Rice Krispies Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	23 Whole Grain Triple Berry Dunker Bar Seasonal Fruit 100% Fruit Juice Choice of Milk	24 Whole Grain Cinnamon Crunchmania Seasonal Fruit 100% Fruit Juice Choice of Milk	25 Whole Grain Honey Grahams Apple Cinnamon Spread Seasonal Fruit 100% Fruit Juice Choice of Milk	26 WG Frosted Flakes Cheese Stick Seasonal Fruit 100% Fruit Juice Choice of Milk
29 Whole Grain Golden Grahams Cereal Whole Grain Vanilla Bear Crackers Seasonal Fruit 100% Fruit Juice Choice of Milk	30 Whole Grain Chocolate Bear Grahams Creamy Chickpea Spread Seasonal Fruit 100% Fruit Juice Choice of Milk	31 Whole Grain Cinnamon Flakes Whole Grain Animal Crackers Seasonal Fruit 100% Fruit Juice Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	

This institution is an equal opportunity provider.