

Type School Name Here

MCFI

K-12 Cold Breakfast



**November
2021**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	2	Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	3	Whole Grain Pop Tarts Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	4	Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	5	Whole Grain Crackers Yogurt Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
8	Whole Grain Breakfast Muffin String Cheese Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	9	Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	10	WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	11	Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	12	Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
15	Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	16	Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	17	WG Pop Tarts Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	18	Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	19	Whole Grain Crackers Yogurt Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
22	Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	23	Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	24	WG Cinnamon Toast Crunch Soft Filled Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	25	NO SCHOOL MCFI CLOSED	26	NO SCHOOL MCFI CLOSED
29	WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	30	Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE					