

Type School Name Here

**MCFI**

**K-12 Cold Breakfast**



**October  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE				<b>1</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>4</b>  WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>5</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>6</b>  Whole Grain Pop Tarts Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>7</b>  Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>8</b>  Whole Grain Crackers Yogurt Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>11</b>  Whole Grain Breakfast Muffin String Cheese Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>12</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>13</b>  WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>14</b>  Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>15</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>18</b>  Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>19</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>20</b>  WG Pop Tarts Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>21</b>  Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>22</b>  Whole Grain Crackers Yogurt Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>25</b>  Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>26</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>27</b>  WG Cinnamon Toast Crunch Soft Filled Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>28</b>  Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>29</b>  Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk

This institution is an equal opportunity provider.