


Type School Name Here

**MCFI**

**K-12 Cold Breakfast**



**September  
2022**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <b>MILK FOR SCHOOL:</b><br>SKIM WHITE<br>LOW FAT WHITE<br>SKIM CHOCOLATE<br><br>MENU SUBJECT TO CHANGE   |   |   | <b>1</b><br><br>WG Raisin Bran Cereal<br>Cherry Vanilla Yogurt<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk | <b>2</b><br><br>WG Nature Valley Banana Breakfast Round<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                  |
| <b>5</b><br><br><b>SCHOOL CLOSED</b><br><br><b>MCFI CLOSED</b>  | <b>6</b><br><br>WG Rice Krispies Berry Granola Bar<br>WG MJM Chocolate Bear<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk | <b>7</b><br><br>WG Vanilla Honey Bunches of Oats<br>WG Cinnamon Gripz<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk           | <b>8</b><br><br>WG Blueberry Chex<br>WG Apple Cinnamon Muffin<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk  | <b>9</b><br><br>WG Cinnamon Granola<br>String Cheese<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                     |
| <b>12</b><br><br>WG MJM Vanilla Bears<br>Strawberry Banana Yogurt<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                        | <b>13</b><br><br>WG Cinnamon Crunchmania<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                                    | <b>14</b><br><br>WG Honey Cheerios<br>String Cheese<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                             | <b>15</b><br><br>WG Pretzel Goldfish<br>Cinnamon Apple Spread<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk  | <b>16</b><br><br>WG Cinnamon Flakes<br>WG MJM Cracker<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                    |
| <b>19</b><br><br>WG Lemon Dunker Bar<br>WG MJM Cracker<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                                   | <b>20</b><br><br>WG Animal Crackers<br>Creamy Chickpea Spread<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk               | <b>21</b><br><br>WG Rice Krispies Cinnamon Granola Bar<br>Spicy Sunflower Seeds<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk | <b>22</b><br><br>WG Corn Chex<br>WG MJM Vanilla Bear Grahams<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk   | <b>23</b><br><br>WG Strawberry Granola<br>Vanilla Yogurt<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                 |
| <b>26</b><br><br>WG Cinnamon Toast Crunch Filled Bread<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                                   | <b>27</b><br><br>WG Blueberry Muffin<br>String Cheese<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                       | <b>28</b><br><br>WG Original Honey Bunches of Oats<br>WG Cinnamon Crispy Bites<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk  | <b>29</b><br><br>WG French Toast Crunchmania<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk                   | <b>30</b><br><br>WG Multigrain Cheerios<br>Honey Roasted Sunflower Seeds<br>Seasonal Fruit<br>100% Fruit Juice<br>Choice of Milk |