

**Atonement Lutheran School**

**MCFI**

**Fuel4U Breakfast Menu**



**January  
2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE	<b>1</b>  NO SCHOOL  CHRISTMAS BREAK	<b>2</b>  NO SCHOOL  CHRISTMAS BREAK	<b>3</b>  NO SCHOOL  CHRISTMAS BREAK	<b>4</b>  NO SCHOOL  CHRISTMAS BREAK
<b>7</b>  Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>8</b>  Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>9</b>  Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>10</b>  Frosted Flakes Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>11</b>  Fruity Cheerios Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk
<b>14</b>  Golden Grahams Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>15</b>  Multi Grain Cheerios Strawberry Waffle Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>16</b>  Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>17</b>  Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>18</b>  WG Cheerios Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk
<b>21</b>  NO SCHOOL  MLK HOLIDAY	<b>22</b>  Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>23</b>  Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>24</b>  Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>25</b>  NO SCHOOL  PARENT-TEACHER CONSULTATIONS
<b>28</b>  Fruity Cheerios Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>29</b>  Golden Grahams Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>30</b>  Multi Grain Cheerios Strawberry Waffle Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>31</b>  Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	

This institution is an equal opportunity provider.