

Atonement Lutheran School

MCFI

4K-8 Cold Breakfast Menu



September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		1 WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	2 Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	3 NO SCHOOL- LABOR DAY BREAK
6 NO SCHOOL- LABOR DAY	7 Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	8 Whole Grain Pop Tarts Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	9 Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	10 Whole Grain Crackers Yogurt Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
13 Whole Grain Breakfast Muffin String Cheese Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	14 Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	15 WG CrunchMania Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	16 Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	17 Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
20 Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	21 Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	22 WG Pop Tarts Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	23 National Better Breakfast Day NO SCHOOL- PROFESSIONAL DEVELOPMENT DAY PARENT-TEACHER CONSULTATIONS 4pm-7pm	24 NO SCHOOL- PARENT-TEACHER CONSULTATIONS 8am-12noon
27 Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	28 Whole Grain Cereal Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	29 WG Cinnamon Toast Crunch Soft Filled Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	30 Whole Grain Cereal or Cereal Bar Whole Grain Crackers Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	