

Atonement Lutheran School

MCFI

4K-8 Cold Breakfast Menu



August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17 Whole Grain Mini Cinnis Seasonal Fruit 100% Fruit Juice Choice of Milk	18 WG Banana Chocolate Chip Granola Round Seasonal Fruit Dried Strawberry Apple Chips Choice of Milk	19 Multigrain Cheerios Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
22 Whole Grain Rice Krispies Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	23 Whole Grain Triple Berry Dunker Bar Seasonal Fruit Dried Apple Chips Choice of Milk	24 Whole Grain Cinnamon Crunchmania Seasonal Fruit 100% Fruit Juice Choice of Milk	25 Whole Grain Honey Grahams Apple Cinnamon Spread Seasonal Fruit Dried Strawberry Apple Chips Choice of Milk	26 WG Frosted Flakes Cheese Stick Seasonal Fruit 100% Fruit Juice Choice of Milk
29 Whole Grain Golden Grahams Cereal Whole Grain Vanilla Bear Crackers Seasonal Fruit 100% Fruit Juice Choice of Milk	30 Whole Grain Chocolate Bear Grahams Creamy Chickpea Spread Seasonal Fruit Dried Apple Chips Choice of Milk	31 Whole Grain Cinnamon Flakes Whole Grain Animal Crackers Seasonal Fruit 100% Fruit Juice Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	

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