


Atonement Lutheran School

MCFI

4K-8 Cold Breakfast



September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			1 WG Raisin Bran Cereal Cherry Vanilla Yogurt Seasonal Fruit 100% Fruit Juice Choice of Milk	2 NO SCHOOL – LABOR DAY BREAK
5 NO SCHOOL – HAPPY LABOR DAY! 	6 WG Rice Krispies Berry Granola Bar WG MJM Chocolate Bear Seasonal Fruit 100% Fruit Juice Choice of Milk	7 WG Vanilla Honey Bunches of Oats WG Cinnamon Gripz Seasonal Fruit 100% Fruit Juice Choice of Milk	8 WG Blueberry Chex WG Apple Cinnamon Muffin Seasonal Fruit 100% Fruit Juice Choice of Milk	9 WG Cinnamon Granola String Cheese Seasonal Fruit 100% Fruit Juice Choice of Milk
12 WG MJM Vanilla Bears Strawberry Banana Yogurt Seasonal Fruit 100% Fruit Juice Choice of Milk	13 WG Cinnamon Crunchmania Seasonal Fruit 100% Fruit Juice Choice of Milk	14 WG Honey Cheerios String Cheese Seasonal Fruit 100% Fruit Juice Choice of Milk	15 WG Pretzel Goldfish Cinnamon Apple Spread Seasonal Fruit 100% Fruit Juice Choice of Milk	16 WG Cinnamon Flakes WG MJM Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
19 WG Lemon Dunker Bar WG MJM Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	20 WG Animal Crackers Creamy Chickpea Spread Seasonal Fruit 100% Fruit Juice Choice of Milk	21 WG Rice Krispies Cinnamon Granola Bar Spicy Sunflower Seeds Seasonal Fruit 100% Fruit Juice Choice of Milk	22 NO SCHOOL – PARENT-TEACHER CONFERENCES 4 - 7pm	23 NO SCHOOL – PARENT-TEACHER CONFERENCES 8am – 12noon
26 WG Cinnamon Toast Crunch Filled Bread Seasonal Fruit 100% Fruit Juice Choice of Milk	27 WG Blueberry Muffin String Cheese Seasonal Fruit 100% Fruit Juice Choice of Milk	28 WG Original Honey Bunches of Oats WG Cinnamon Crispy Bites Seasonal Fruit 100% Fruit Juice Choice of Milk	29 WG French Toast Crunchmania Seasonal Fruit 100% Fruit Juice Choice of Milk	30 WG Multigrain Cheerios Honey Roasted Sunflower Seeds Seasonal Fruit 100% Fruit Juice Choice of Milk