



MCFI

4K-8 Cold Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Strawberry Filled Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	2 WG Corn Chex WG Apple Cinnamon Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	3 WG Vanilla Bear Graham Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk
6 WG Cinnamon Breakfast Bread 100% Fruit Juice Applesauce Cup Choice of Milk	7 WG Golden Grahams Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	8 WG Cheerios WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	9 WG Banana Chocolate Chip Granola Round 100% Fruit Juice Seasonal Fruit Choice of Milk	10 WG Multigrain Cheerios Spicy Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk
13 WG Banana Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	14 WG Vanilla Bear Grahams Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	15 WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	16 Multigrain Frosted Flakes Honey Roasted Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk	17 WG Cinnamon Bun Crunchmania 100% Fruit Juice Seasonal Fruit Choice of Milk
20 WG Frosted Mini Wheats WG Apple Cinnamon Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	21 WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	22 WG Cinnamon Filled Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	23 WG Honey Bunches of Oats Vanilla Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk	24 NO SCHOOL~ PROFESSIONAL DEVELOPMENT DAY
27 Multigrain Frosted Flakes Hard Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	28 WG Vanilla Honey Bunches of Oats WG Cinnamon Goldfish Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		

revised 1-24-23

This institution is an equal opportunity provider.