

Atonement Lutheran School

MCFI

4K-8 Cold Breakfast Menu



APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Frosted Mini Wheats Cereal WG Apple Cinnamon Bear Crackers 100% Fruit Punch Juice Mixed Dried Fruit Choice of Milk	4 WG Chocolate Bear Crackers Creamy Chickpea Spread 100% Orange Juice Applesauce Cup Choice of Milk	5 WG Honey Cheerios Cereal WG Maple Waffle Crackers Fresh Banana 100% Apple Juice Choice of Milk	6 NO SCHOOL~ EASTER/SPRING BREAK	7 NO SCHOOL~ EASTER/SPRING BREAK
10 NO SCHOOL~ EASTER/SPRING BREAK	11 NO SCHOOL~ EASTER/SPRING BREAK	12 NO SCHOOL~ EASTER/SPRING BREAK	13 NO SCHOOL~ EASTER/SPRING BREAK	14 NO SCHOOL~ EASTER/SPRING BREAK
17 WG Crunchmania - Cinnamon Bun 100% Fruit Punch Juice Applesauce Mango cup Choice of Milk	18 WG Honey Cheerios Cereal WG Animal Cracker 100% Apple Juice Diced Peach Cup Choice of Milk	19 WG Frosted Mini Wheats Cereal WG Honey Grahams Fresh Banana 100% Fruit Punch Juice Choice of Milk	20 WG Blueberry Muffin Hard Boiled Egg OR String Cheese 100% Orange Juice Raisins Choice of Milk	21 Strawberry Yogurt Cup Rockin'ola Granola 100% Apple Juice, Frozen Fresh Banana Choice of Milk
24 WG Strawberry-filled Bagel 100% Fruit Punch Juice Diced Peach Cup Choice of Milk	25 WG Goldfish Pretzels Creamy Chickpea Spread 100% Apple Juice Applesauce Cup Choice of Milk	26 WG Multigrain Cheerios String Cheese Fresh Banana 100% Orange Juice Choice of Milk	27 WG Corn Chex Cereal Honey Roasted Sunflower Seeds 100% Fruit Punch Juice Raisins Choice of Milk	28 100% Apple Juice Fresh Banana WG Vanilla Bear Crackers Blueberry Yogurt Cup LOCAL Choice of Milk

MILK FOR SCHOOL:

- SKIM WHITE
- LOW FAT WHITE
- SKIM CHOCOLATE
- MENU SUBJECT TO CHANGE

3/21/2023