

# Atonement Lutheran

## MCFI

### 4k-8 Cold Breakfast Menu



**AUGUST 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17 WG Apple Cinnamon Grahams Colby Jack Cheese Stick 100% Fruit Punch Cinnamon Applesauce Cup Choice of Milk	18 WG Golden Grahams Cereal Yogurt Cup 100% Orange Juice Fresh Banana Choice of Milk
21 WG Blueberry Muffin String Cheese 100% Apple Juice Raisins Choice of Milk	22 WG Banana Bread 100% Orange Juice Applesauce Cup Choice of Milk	23 WG Honey Bunches of Oats Honey Roasted Sunflower Seeds 100% Apple Juice Fresh Banana Choice of Milk	24 WG Cinnamon Toast Crunch Soft Bake Bar 100% Fruit Punch Tropical Fruit Cup Choice of Milk	25 WG Blueberry Chex Yogurt Cup 100% Orange Juice Fresh Banana Choice of Milk
28 WG Strawberry Cream Cheese Filled Bagel 100% Fruit Punch Mixed Berry Applesauce Cup Choice of Milk	29 WG Frosted Flakes Cereal HB Egg or String Cheese 100% Orange Juice Sour Berry Raisins Choice of Milk	30 WG Pumpkin Bread 100% Apple Juice Fresh Banana Choice of Milk	31 WG Fruit Muffin WG Assorted Cereal 100% Fruit Punch Diced Peach Cup Choice of Milk	<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>