

# SEPTEMBER 2023

## Atonement Lutheran K-12 Cold BF Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE				1  <b>NO SCHOOL</b>
4  <b>HAPPY LABOR DAY</b>	5  WG Banana Bread 100% Orange Juice Applesauce Cup- Mango Choice of Milk	6  WG Maple Waffle Grahams Honey Roasted Sunflower Seeds 100% Fruit Punch Dried Mixed Fruit Choice of Milk	7  WG Corn Chex Cereal String Cheese 100% Apple Juice Fruit Cup Choice of Milk	8  WG Strawberry Rockin'ola Granola Strawberry Yogurt Cup 100% Fruit Punch Juice Fresh Banana Choice of Milk
11  WG Frosted Mini Wheats Cereal WG Apple Cinnamon Bear Grahams 100% Apple Juice Strawberry Applesauce Cup Choice of Milk	12  WG Chocolate Bear Grahams Chickpea Spread 100% Orange Juice Seasonal Fruit Choice of Milk	13  Honey Bunches of Oats Cheese Stick 100% Fruit Punch Juice Fresh Banana Choice of Milk	14  WG Cinnamon Cream Cheese Filled Bagel 100% Orange Juice Dried Pineapple Choice of Milk	15  WG French Toast Crunchmania 100% Fruit Punch Fresh Banana Choice of Milk
18  WG Zucchini Bread 100% Orange Juice Apple Cinnamon Applesauce Choice of Milk	19  WG Cinnamon Flakes String Cheese 100% Fruit Punch Seasonal Fruit Choice of Milk	20  WG Apple Cinnamon Bear Grahams Honey Roasted Sunflower Seeds 100% Apple Juice Fresh Banana Choice of Milk	21  <b>NO SCHOOL</b>	22  <b>NO SCHOOL</b>
25  WG Vanilla Grahams Chickpea Spread 100% Apple Juice Fruit Cup Choice of Milk	26  WG Triple Berry Dunker 100% Orange Juice Seasonal Fruit Choice of Milk	27  WG Strawberry Waffle Grahams String Cheese 100% Fruit Punch Juice Fresh Banana Choice of Milk	28  WG Cinnamon Chex Cereal Blueberry Lemon Crispy Bites 100% Apple Juice Applesauce Cup Choice of Milk	29  Cinnamon Rockin'ola Vanilla Yogurt Cup 100% Orange Juice Fresh Banana Choice of Milk

**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

**K-12 Cold Breakfast**

This institution is an equal opportunity provider.