



# December 2022

## MCFI

### K3 (CACFP) Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR CACFP'S:</b> UNFLAVORED WHOLE MILK (1 YEAR OLDS) UNFLAVORED SKIM or 1% (2-5 YEAR OLDS) CHOCOLATE SKIM (6+ YEAR OLDS) (water is always a choice) MENU SUBJECT TO CHANGE			<b>1</b> WG Blueberry Muffin Seasonal Fruit Milk	<b>2</b> WG Multigrain Cheerios Seasonal Fruit Milk
<b>5</b> WG Vanilla Bear Graham Cherry Vanilla Yogurt Seasonal Fruit Milk	<b>6</b> WG Frosted Mini Wheats Seasonal Fruit Milk	<b>7</b> WG Honey Cheerios Seasonal Fruit Milk	<b>8</b> WG Goldfish Pretzels Cinnamon Apple Spread Seasonal Fruit Milk	<b>9</b> WG Blueberry Breakfast Bread Seasonal Fruit Milk
<b>12</b> WG Muffin Seasonal Fruit Milk	<b>13</b> Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk	<b>14</b> WG Crunchmania Crackers Seasonal Fruit Milk	<b>15</b> WG Corn Chex Seasonal Fruit Milk	<b>16</b> WG Vanilla Bear Graham Strawberry Banana Yogurt Seasonal Fruit Milk
<b>19</b> Hard-Boiled Egg Seasonal Fruit Milk	<b>20</b> WG Muffin Seasonal Fruit Milk	<b>21</b> NO SCHOOL	<b>22</b> NO SCHOOL	<b>23</b> NO SCHOOL / MCFI CLOSED
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
NO SCHOOL				

\*All Grains are Whole Grain or Whole Grain-Rich

This institution is an equal opportunity provider.