## St. Marcus Lutheran School

## MCFI K3 (CACFP) Cold Breakfast



## December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOR CACEP'S: AVORED WHOLE MILK (1 YEAR OLDS) AVOREDSKIM or 1% (2-5 YEAR OLDS) OLATE SKIM (6+ YEAR OLDS) 'IS Always a choice SUBJECT TO CHANGE			WG Blueberry Muffin Seasonal Fruit Milk	WG Multigrain Cheerios Seasonal Fruit Milk
WG Vanilla Bear Graham Cherry Vanilla Yogurt Seasonal Fruit Milk	WG Frosted Mini Wheats Seasonal Fruit Milk	WG Honey Cheerios Seasonal Fruit Milk	WG Goldfish Pretzels Cinnamon Apple Spread Seasonal Fruit Milk	9 WG Blueberry Breakfast Bread Seasonal Fruit Milk
WG Muffin Seasonal Fruit Milk	Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk	14  WG Crunchmania Crackers Seasonal Fruit Milk	WG Corn Chex Seasonal Fruit Milk	WG Vanilla Bear Graham Strawberry Banana Yogurt Seasonal Fruit Milk
Hard-Boiled Egg Seasonal Fruit Milk	WG Muffin Seasonal Fruit Milk	21 NO SCHOOL	NO SCHOOL	NO SCHOOL / MCFI CLOSED
	27	28	29	30
		NO SCHOOL	1	
(	OR CACFP'S:  NORED WHOLE MILK (1 YEAR OLDS)  NOREDSKIM or 1% (2-5 YEAR OLDS)  DLATE SKIM (6+ YEAR OLDS)  is always a choice  SUBJECT TO CHANGE   WG Vanilla Bear Graham  Cherry Vanilla Yogurt  Seasonal Fruit  Milk  WG Muffin  Seasonal Fruit  Milk  Hard-Boiled Egg  Seasonal Fruit	OR CACFP'S: IVORED WHOLE MILK (1 YEAR OLDS) IVOREDSKIM of 1% (2-5 YEAR OLDS) DLATE SKIM (6+ YEAR OLDS) Is always a choice SUBJECT TO CHANGE  WG Vanilla Bear Graham Cherry Vanilla Yogurt Seasonal Fruit Milk  WG Muffin Seasonal Fruit Milk  Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk  Hard-Boiled Egg Seasonal Fruit Milk  Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk  Milk  MG Muffin Seasonal Fruit Milk  Milk  Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk  Milk  Milk  Milk  Milk  Milk	OR CACEP'S: VORED WHOLE MILK (1 YEAR OLDS) VOREDSKIM or 1½ (2-5 YEAR OLDS) VOREDSKIM or 1½ (2-5 YEAR OLDS) USE SIMBLE OF CHANGE  WG Vanilla Bear Graham Cherry Vanilla Yogurt Seasonal Fruit Milk  WG Muffin Seasonal Fruit Milk  13  Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk  WG Crunchmania Crackers Seasonal Fruit Milk  WG Crunchmania Crackers Seasonal Fruit Milk  Nilk  No SCHOOL  27  28	OR CACEP'S: WORED WINUS MILK (1 YEAR OLDS) WORED WHOLE MILK (1 YEAR OLDS) JUST ESKIME 4-YEAR OLDS) JUST ESKIME 4-YEAR OLDS) JUST ESKIME 4-YEAR OLDS) JIS always a choice SUBJECT TO CHANGE  WG Vanilla Bear Graham Cherry Vanilla Yogurt Seasonal Fruit Milk  WG Vanilla Bear Graham Cherry Vanilla Yogurt Seasonal Fruit Milk  WG Wilking  13 Animal Crackers Creamy Chickpea Spread Seasonal Fruit Milk  WG Crunchmania Crackers Seasonal Fruit Milk  No School  22 No School

<sup>\*</sup>All Grains are Whole Grain or Whole Grain-Rich

This institution is an equal opportunity provider.