# SEPTEMBER 2023
## *St Marcus Lutheran School*
## *K-8 Breakfast*

MCFI — MILWAUKEE CENTER FOR INDEPENDENCE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **MILK FOR SCHOOL:** <br> **SKIM WHITE** <br> **LACTAID** <br> **SKIM CHOCOLATE** <br><br> **MENU SUBJECT TO CHANGE** | | | | **1** <br> **Hot Breakfast** <br> WG Mini Maple Waffle Bites <br> 100% Orange Juice <br> Fresh Banana <br> Choice of Milk |
| **4** <br><br> **LABOR DAY** | **5** <br> WG Banana Bread <br> 100% Orange Juice <br> Applesauce Cup- Mango <br> Choice of Milk | **6** <br> WG Maple Waffle Grahams <br> Honey Roasted Sunflower Seeds <br> 100% Fruit Punch <br> Dried Mixed Fruit <br> Choice of Milk | **7** <br> WG Corn Chex Cereal <br> String Cheese <br> 100% Apple Juice <br> Fruit Cup <br> Choice of Milk | **8** <br> **Hot Breakfast** <br> WG Cinnamon Glazed Pancakes <br> 100% Fruit Punch Juice <br> Fresh Banana <br> Choice of Milk |
| **11** <br> **Hot Breakfast** <br> WG Cinnamon Glazed Pancakes <br> 100% Apple Juice <br> Strawberry Applesauce Cup <br> Choice of Milk | **12** <br> WG Chocolate Bear Grahams <br> Strawberry Yogurt Cup <br> 100% Orange Juice <br> Seasonal Fruit <br> Choice of Milk | **13** <br> Honey Bunches of Oats <br> Cheese Stick <br> 100% Fruit Punch Juice <br> Fresh Banana <br> Choice of Milk | **14** <br> WG Cinnamon Cream Cheese <br> Filled Bagel <br> 100% Orange Juice <br> Dried Pineapple <br> Choice of Milk | **15** <br> **Hot Breakfast** <br> WG Maple Pancake Chicken Sausage <br> Sandwich <br> 100% Fruit Punch <br> Fresh Banana <br> Choice of Milk |
| **18** <br> **Hot Breakfast** <br> WG Breaded Chicken Waffle <br> Sandwich <br> 100% Orange Juice <br> Apple Cinnamon Applesauce <br> Choice of Milk | **19** <br> WG Cinnamon Flakes <br> String Cheese <br> 100% Fruit Punch <br> Seasonal Fruit <br> Choice of Milk | **20** <br> WG Apple Cinnamon Bear Grahams <br> Honey Roasted Sunflower Seeds <br> 100% Apple Juice <br> Fresh Banana <br> Choice of Milk | **21** <br> WG Blueberry Chex Cereal <br> Peach Yogurt Cup <br> 100% Orange Juice <br> Fruit Cup <br> Choice of Milk | **22** <br> **NO SCHOOL** |
| **25** <br> **Hot Breakfast** <br> Turkey Sausage, Egg and Cheese <br> Burrito <br> 100% Apple Juice <br> Fruit Cup <br> Choice of Milk | **26** <br> WG Triple Berry Dunker <br> 100% Orange Juice <br> Seasonal Fruit <br> Choice of Milk | **27** <br> WG Strawberry Waffle Grahams <br> String Cheese <br> 100% Fruit Punch Juice <br> Fresh Banana <br> Choice of Milk | **28** <br> WG Cinnamon Chex Cereal <br> Blueberry Lemon Crispy Bites <br> 100% Apple Juice <br> Applesauce Cup <br> Choice of Milk | **29** <br> **Hot Breakfast** <br> WG Warm Strawberry Cream Cheese <br> Filled Bagel <br> 100% Orange Juice <br> Fresh Banana <br> Choice of Milk |

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

**St Marcus K-12 Breakfast**

This institution is an equal opportunity provider.