

**St. Marcus Lutheran School –
Middle School Modified Breakfast**



MARCH 2023

MCFI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MILK FOR SCHOOL:</u> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		1 No School – Winter Break	2 No School – Winter Break	3 No School – Winter Break
6 WG Goldfish Pretzels Strawberry Banana Yogurt 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	7 WG Crunchmania - Cinnamon Bun 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	8 WG Honey Cheerios Cereal Bowl Hard Boiled Egg or String Cheese 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	9 Apple Cinnamon Spread WG Honey Grahams 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	10 WG Blueberry Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
13 WG Cherry Apple Dunker Bar 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	14 Creamy Chickpea Spread WG Animal Cracker 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	15 WG Cinnamon filled Mini Bagel 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	16 Honey Roasted Sunflower Seeds WG Corn Chex Cereal Bowl 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	17 Flex Friday No Lunch Served
20 WG Cinnamon Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	21 Chicken Sausage Waffle Fresh Orange 100% Fruit Juice Choice of Milk	22 WG Bagel Cream Cheese Mixed Dried Fruit 100% Fruit Juice Choice of Milk	23 WG Egg and Cheese Burritos Fresh Banana 100% Fruit Juice Choice of Milk	24 No School – Teacher PD
27 Banana Choc Chip Granola Rnd 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk k	28 WG Blueberry Glazed Pancake 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	29 WG Banana Bread Slice 100% Fruit Juice Fresh Banana Choice of Milk	30 Maple Chicken Sausage Pancake 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	31 WG Crunchmania - Cinnamon Bun 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk

2/13/2023