


Type School Name Here



# November 2022

## MCFI

### K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> WG Animal Crackers Creamy Chickpea Spread 100% Apple Juice Seasonal Fruit Choice of Milk	<b>2</b> WG Blueberry Muffin or WG Corn Chex Honey-Roasted Sunflower Seeds 100% Orange Juice Fresh Banana Choice of Milk	<b>3</b> WG Cinnamon Crunchmania 100% Fruit Punch Juice Seasonal Fruit Choice of Milk	<b>4</b> WG Vanilla Bear Graham Strawberry Banana Yogurt 100% Apple Juice Fresh Banana Choice of Milk
<b>7</b> WG Cinnamon Toast Crunch Filled Bread 100% Orange Juice Raisins Choice of Milk	<b>8</b> WG Apple Cinnamon Muffin Cheese Stick 100% Fruit Punch Juice Mango Applesauce Cup Choice of Milk	<b>9</b> WG Honey Bunches of Oats WG Maple Waffle Graham 100% Apple Juice Fresh Banana Choice of Milk	<b>10</b> WG Banana Chocolate Chip Granola Round 100% Orange Juice Applesauce Cup Choice of Milk	<b>11</b>  <b>NO SCHOOL</b>
<b>14</b> WG Banana Breakfast Bread 100% Apple Juice Dried Fruit Mix Choice of Milk	<b>15</b> WG Triple Dunker Bar 100% Orange Juice Strawberry Banana Applesauce Cup Choice of Milk	<b>16</b> WG Corn Chex WG Graham Cracker 100% Fruit Punch Juice Fresh Banana Choice of Milk	<b>17</b> WG Vanilla Bear Graham Cinnamon Apple Chickpea Spread 100% Apple Juice Craisins Choice of Milk	<b>18</b> WG Multigrain Frosted Flakes Cheese Stick 100% Orange Juice Fresh Banana Choice of Milk
<b>21</b> WG Frosted Mini Wheats Vanilla Bear Graham 100% Fruit Punch Juice Applesauce Cup Choice of Milk	<b>22</b> WG Chocolate Bear Graham Creamy Chickpea Spread 100% Apple Juice Seasonal Fruit Choice of Milk	<b>23</b>  <b>NO SCHOOL</b>	<b>24</b>   <b>NO SCHOOL / MCFI CLOSED</b>	<b>25</b>  <b>NO SCHOOL</b>
<b>28</b> WG Strawberry Waffle Graham Hard-Boiled Egg or Cheese Stick 100% Fruit Punch Juice Applesauce Cup Choice of Milk	<b>29</b> WG Cinnamon Filled Mini Bagel 100% Apple Juice Raisins Choice of Milk	<b>30</b> WG Vanilla Honey Bunches of Oats WG Cinnamon Gripz 100% Orange Juice Fresh Banana Choice of Milk	<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>	

This institution is an equal opportunity provider.