

Pilgrim Lutheran

MCFI

K-8 Cold Breakfast



**November
2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			1 WG Frosted Mini Wheats WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	2 NEW! WG Mini Cinnis Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
5 WG Granola Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	6 WG Cheerios WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	7 WG UBR Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	8 WG Cinnamon Flakes Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	9 WG Dunker Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
12 Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	13 WG Cinnamon Chex Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	14 NEW! WG Grape Jelly Crescents Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	15 WG Corn Chex WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	16 NEW! WG General Mills Cereal Bars Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
19 WG Cream Cheese-Filled Bagels Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	20 WG Reduced-Sugar Cinnamon Toast Crunch WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	21 WG Appleyways Crispy Bites Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	22 MCFI CLOSED THANKSGIVING BREAK	23 MCFI CLOSED THANKSGIVING BREAK
26 WG Gripz Cinnamon Grahams Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	27 WG Reduced-Sugar Cocoa Puffs WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	28 Whole Grain Breakfast Muffin Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	29 WG Frosted Mini Wheats WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	30 NEW! WG Mini Cinnis Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk

This institution is an equal opportunity provider.