

MCFI
Fuel4U



January
2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	1 MCFI CLOSED HOLIDAY BREAK	2 Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	3 WG Cheerios Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	4 Cinnamon Chex Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk
7 Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	8 Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	9 Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	10 Frosted Flakes Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	11 Fruity Cheerios Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk
14 Golden Grahams Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	15 Multi Grain Cheerios Strawberry Waffle Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	16 Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	17 Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	18 WG Cheerios Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk
21 Cinnamon Chex Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	22 Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	23 Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	24 Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	25 Frosted Flakes Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk
28 Fruity Cheerios Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	29 Golden Grahams Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	30 Multi Grain Cheerios Strawberry Waffle Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	31 Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	

This institution is an equal opportunity provider.