

Northwest Lutheran

MCFI
Fuel4U



November
2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE | | | 1 Fall Break | 2 Fall Break |
| 5 Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 6 WG Cheerios Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 7 Cinnamon Chex Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 8 Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 9 Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk |
| 12 Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 13 Frosted Flakes Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 14 Fruity Cheerios Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 15 Golden Grahams Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 16 Multi Grain Cheerios Strawberry Waffle Grahams 100% Juice Cup Seasonal Fruit Choice of Milk |
| 19 Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 20 Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 21 WG Cheerios Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 22 MCFI CLOSED THANKSGIVING BREAK | 23 MCFI CLOSED THANKSGIVING BREAK |
| 26 Cinnamon Chex Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 27 Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 28 Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk | 29 Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk | 30 Frosted Flakes Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk |

This institution is an equal opportunity provider.