

St. Martini Lutheran

**MCFI**

**Fuel4U/Cold Breakfast Mon/Wed/Fri**



**November  
2018**

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

This institution is an equal opportunity provider.