

# MCFI

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



# January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>	<b>1</b>  <b>MCFI CLOSED</b>  <b>HOLIDAY BREAK</b>	<b>2</b>  Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>3</b>  WG Cinnamon Flakes Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>4</b>  WG Dunker Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>7</b>  Rice Chex Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>8</b>  WG Cinnamon Chex Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>9</b>  Cocoa Puffs Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>10</b>  WG Corn Chex WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>11</b>  WG General Mills Cereal Bars Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>14</b>  Golden Grahams Cereal Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>15</b>  WG Reduced-Sugar Cinnamon Toast Crunch WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>16</b>  Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>17</b>  WG Multigrain Cheerios Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>18</b>  WG Appleyways Oatmeal Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>21</b>  Cinnamon Chex Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>22</b>  WG Reduced-Sugar Cocoa Puffs WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>23</b>  Cinnamon Toast Crunch Cereal Vanilla Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>24</b>  WG Frosted Mini Wheats WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>25</b>  WG Frudel Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
<b>28</b>  Fruity Cheerios Berry Bear Graham 100% Juice Cup Seasonal Fruit Choice of Milk	<b>29</b>  WG Cheerios WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	<b>30</b>  Multi Grain Cheerios Strawberry Waffle Grahams 100% Juice Cup Seasonal Fruit Choice of Milk	<b>31</b>  WG Cinnamon Flakes Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	

This institution is an equal opportunity provider.