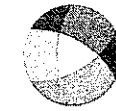


SEPTEMBER 2023

Type your Site Name Here

K-12 Cold BF Menu



MCFI
MILWAUKEE CENTER
FOR INDEPENDENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE				1 WG Vanilla Grahams Blueberry Yogurt Cup 100% Orange Juice Fresh Banana Choice of Milk
MENU SUBJECT TO CHANGE 4 <u>LABOR DAY</u>	5 WG Banana Bread 100% Orange Juice Applesauce Cup- Mango Choice of Milk	6 WG Maple Waffle Grahams Honey Roasted Sunflower Seeds 100% Fruit Punch Dried Mixed Fruit Choice of Milk	7 WG Corn Chex Cereal String Cheese 100% Apple Juice Fruit Cup Choice of Milk	8 WG Strawberry Rockin'ola Granola Strawberry Yogurt Cup 100% Fruit Punch Juice Fresh Banana Choice of Milk
11 WG Frosted Mini Wheats Cereal WG Apple Cinnamon Bear Grahams 100% Apple Juice Strawberry Applesauce Cup Choice of Milk	12 WG Chocolate Bear Grahams Chickpea Spread 100% Orange Juice Seasonal Fruit Choice of Milk	13 Honey Bunches of Oats Cheese Stick 100% Fruit Punch Juice Fresh Banana Choice of Milk	14 WG Cinnamon Cream Cheese Filled Bagel 100% Orange Juice Dried Pineapple Choice of Milk	15 WG French Toast Crunchmania 100% Fruit Punch Fresh Banana Choice of Milk
18 WG Zucchini Bread 100% Orange Juice Apple Cinnamon Applesauce Choice of Milk	19 WG Cinnamon Flakes String Cheese 100% Fruit Punch Seasonal Fruit Choice of Milk	20 WG Apple Cinnamon Bear Grahams Honey Roasted Sunflower Seeds 100% Apple Juice Fresh Banana Choice of Milk	21 WG Cinnamon Toast Crunch Soft Baked Bread 100% Orange Juice Fruit Cup Choice of Milk	22 WG Blueberry Chex Cereal Peach Yogurt Cup 100% Fruit Punch Juice Fresh Banana Choice of Milk
25 WG Vanilla Grahams Chickpea Spread 100% Apple Juice Fruit Cup Choice of Milk	26 WG Triple Berry Dunker 100% Orange Juice Seasonal Fruit Choice of Milk	27 WG Strawberry Waffle Grahams String Cheese 100% Fruit Punch Juice Fresh Banana Choice of Milk	28 WG Cinnamon Chex Cereal Blueberry Lemon Crispy Bites 100% Apple Juice Applesauce Cup Choice of Milk	29 Cinnamon Rockin'ola Vanilla Yogurt Cup 100% Orange Juice Fresh Banana Choice of Milk

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

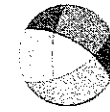
K-12 Cold Breakfast

This institution is an equal opportunity provider.

SEPTEMBER 2023

Type your Site Name Here

9-12 Hot Lunch Menu



MCFI
MILWAUKEE CENTER
FOR INDEPENDENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE				1 Cheesy Italian Pull Aparts Marinara Dipping Sauce (1/4 cup) Steamed Corn Seasonal Fruit and Juice WG Pretzel Goldfish Choice of Milk
4 HAPPY LABOR DAY	5 Corn Dog Ketchup Packet Vegetarian Baked Beans Seasonal Fruit and Juice Assorted Graham Cracker Choice of Milk	6 Mac and Cheese WG Pretzel Breadstick Sweet Peas Seasonal Fruit and Juice Choice of Milk	7 Turkey Hot Dog w/ WG Bun Ketchup or Mustard Celery Sticks Seasonal Fruit and Juice WG Apple Cinnamon Bear Grahams Choice of Milk	8 Chef Choice Italian Sub!!! With Cheese Slice WG Bun Mayo or Mustard Packet Baby Carrots (1 1/4 cup) Seasonal Fruit and Juice Choice of Milk
11 Sweet and Sour Chicken WG Brown Rice Broccoli Bites with Ranch Seasonal Fruit and Juice WG Chocolate Grahams Choice of Milk	12 Italian Meatball Sub w/ 1/4 cup Marinara Shredded Mozzarella Baby Carrots and Juice Seasonal Fruit Choice of Milk	13 Salisbury Steak w/Gravy Roasted Baby Baker Potatoes WG Biscuit w/ Grape Jelly Seasonal Fruit and Juice Choice of Milk	14 Chicken Soft Taco 2 WG Soft Tortilla Shredded Cheese Fiesta Black Beans Taco Sauce Packet Seasonal Fruit and Juice Choice of Milk	15 Domino's Cheese Pizza Garden Salad Dressing Packet Seasonal Fruit and Juice WG Goldfish Grahams Choice of Milk
18 Roasted Chicken Leg BBQ Sauce Packet Corn Bread Steamed Sweet Carrots (1 1/4 cup) Seasonal Fruit and Juice WG Graham Crackers Choice of Milk	19 Beefy Nachos Shredded Cheese 2 Oz Tortilla Chips Taco Sauce Packet Fiesta Black Beans Seasonal Fruit and Juice Choice of Milk	20 WG Breaded Chicken Patty Sandwich on WG Bun w/ Mayo or Hot Sauce Steamed Green Beans Seasonal Fruit and Juice Choice of Milk	21 Diced Chicken w/ Gravy WG Biscuit w/ Jelly Mashed Potatoes Seasonal Fruit and Juice Choice of Milk	22 Meat and Cheese Calzone Romaine Salad Dressing Packet Seasonal Fruit and Juice Choice of Milk
25 Pizza Sticks Marinara Dipping Sauce (1/4 cup) Baby Carrots Seasonal Fruit and Juice Choice of Milk	26 Teriyaki Chicken WG Brown Rice Broccoli Bites w/ Ranch Seasonal Fruit and Juice WG Graham Crackers Choice of Milk	27 Pop Corn Chicken BBQ Sauce WG Eggo Maple Waffles Cucumber Slices w/ Ranch Seasonal Fruit and Juice Choice of Milk	28 BBQ Pork or Chicken Sandwich WG Bun Homestyle Coleslaw Steamed Corn Seasonal Fruit and Juice Choice of Milk	29 Southwest Burger WG Bun Ketchup Vegetarian Baked Beans Seasonal Fruit and Juice Choice of Milk

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

This institution is an equal opportunity provider.

Revised 8.24.23

9-12 HOT LUNCH