



APRIL 2023

TYPE YOUR SCHOOL NAME HERE

MCFI

K-8 Hot Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roasted Chicken Leg Baby Carrots and Grape Tomatoes WG Buttermilk Biscuit Grape Jelly Packet Seasonal Lunch Fruit Choice of Milk	4 Beef Taco Meat in Flour Tortilla with Shredded Cheddar Cheese Ranchero Beans, Seasonal Lunch Fruit WG Apple Cinnamon Muffin Taco Sauce Packet Choice of Milk	5 Chicken Smackers Mashed Potatoes with Gravy WG Cornbread Seasonal Lunch Fruit BBQ Sauce Packet Choice of Milk	6 Turkey Deli Breast and American Cheese Slice on a WG Bun Romaine Salad Seasonal Lunch Fruit Ranch Packet Mayo Packet Choice of Milk	7 Macaroni and Cheese Steamed Green Beans WG Dinner Roll Seasonal Lunch Fruit Choice of Milk
10 Creamy Chicken and Gravy Mashed Potatoes WG Biscuit with Grape Jelly Seasonal Lunch Fruit Choice of Milk	11 WG Chicken Corn Dog Vegetarian Baked Beans Seasonal Lunch Fruit Ketchup packet Choice of Milk	12 Beef and Bean Chili with Shredded Cheddar WG Cheese Crackers Baby Carrots Apple Cinnamon Muffin Seasonal Lunch Fruit Choice of Milk	13 Chicken Nuggets Creamy Coleslaw Seasonal Lunch Fruit WG Dinner Roll BBQ Packet Choice of Milk	14 Cheeseburger on a WG Bun Romaine Salad Seasonal Lunch Fruit Ketchup Packet Ranch Dressing Packet Choice of Milk
17 Beef Nachos with Shredded Cheddar Cheese Tortilla Chips Taco Seasoned Corn Seasonal Lunch Fruit Taco Sauce Packet Choice of Milk	18 Teriyaki Chicken Brown Rice Fresh Celery Sticks Seasonal Lunch Fruit WG Dinner Roll Choice of Milk	19 Turkey Hot Dog on WG Hot Dog Bun Vegetarian Baked Beans Creamy Coleslaw Seasonal Lunch Fruit Ketchup Packet Choice of Milk	20 Domino's Cheese Pizza Romaine Salad Seasonal Lunch Fruit WG Cinnamon Goldfish Graham Ranch Packet Choice of Milk	21 WG Breaded Chicken Patty on WG Hamburger Bun Steamed Carrots Seasonal Lunch Fruit Mayo Packet Choice of Milk
24 Italian Meat Sauce Bowtie Pasta Baby Carrots WG Pretzel Breadstick Seasonal Lunch Fruit Ranch Packet Choice of Milk	25 Chicken Smackers WG Mini Maple Waffle Sliced Fresh Cucumbers Seasonal Lunch Fruit BBQ Sauce Packet Choice of Milk	26 WG Cheese Quesadilla Fiesta Beans Seasonal Lunch Fruit Taco Sauce Packet Choice of Milk	27 Diced BBQ Chicken WG Hamburger Bun Romaine Salad Seasonal Lunch Fruit Ranch Packet Choice of Milk	28 Hamburger Patty with American Cheese Slice WG Hamburger Bun Roasted Potatoes Seasonal Lunch Fruit Ranch Packet Ketchup Packet Choice of Milk

MILK FOR SCHOOL:

- SKIM WHITE
- LOW FAT WHITE
- SKIM CHOCOLATE

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.

3.21.2023

Type Your School Name here



APRIL 2023

MCFI

K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Frosted Mini Wheats Cereal WG Apple Cinnamon Bear Crackers 100% Fruit Punch Juice Mixed Dried Fruit Choice of Milk	4 WG Chocolate Bear Crackers Creamy Chickpea Spread 100% Orange Juice Applesauce Cup Choice of Milk	5 WG Cinnamon Flakes Cereal WG Maple Waffle Crackers Fresh Banana 100% Apple Juice Choice of Milk	6 WG Triple Berry Dunker Bar 100% Fruit Punch Mixed Berry Cup Choice of Milk	7 WG Golden Grahams Cereal Peach Yogurt Cup, LOCAL Fresh Banana 100% Orange Juice Choice of Milk
10 WG Blueberry Muffin Hard Boiled Egg OR String Cheese 100% Apple Juice Diced Peach Cup Choice of Milk	11 WG Cinnamon filled Mini Bagel 100% Orange Juice Applesauce Cup Choice of Milk	12 WG Vanilla Honey Bunches of Oats Cereal Spicy Roasted Sunflower Seeds Fresh Banana 100% Apple Juice Choice of Milk	13 WG Apple Cinnamon Bear Crackers Apple Cinnamon Spread 100% Fruit Punch Craisins Choice of Milk	14 WG Cherry Apple Dunker Bar Fresh Banana 100% Orange Juice, Frozen Choice of Milk
17 WG Crunchmania - Cinnamon Bun 100% Fruit Punch Juice Applesauce Mango cup Choice of Milk	18 WG Honey Cheerios Cereal WG Animal Cracker 100% Apple Juice Diced Peach Cup Choice of Milk	19 WG Frosted Mini Wheats Cereal WG Honey Grahams Fresh Banana 100% Fruit Punch Juice Choice of Milk	20 WG Blueberry Muffin Hard Boiled Egg OR String Cheese 100% Orange Juice Raisins Choice of Milk	21 Strawberry Yogurt Cup Rockin'ola Granola 100% Apple Juice, Frozen Fresh Banana Choice of Milk
24 WG Strawberry-filled Bagel 100% Fruit Punch Juice Diced Peach Cup Choice of Milk	25 WG Goldfish Pretzels Creamy Chickpea Spread 100% Apple Juice Applesauce Cup Choice of Milk	26 WG Multigrain Cheerios String Cheese Fresh Banana 100% Orange Juice Choice of Milk	27 WG Corn Chex Cereal Honey Roasted Sunflower Seeds 100% Fruit Punch Juice Raisins Choice of Milk	28 100% Apple Juice Fresh Banana WG Vanilla Bear Crackers Peach Yogurt Cup LOCAL Choice of Milk

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