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

SKIM WHITE
LOW FAT WHITE
SKIM CHOCOLATE

MENU SUBJECT TO CHANGE

3.21.2023

This institution is an equal opportunity provider.
# MCFI

## K-12 Cold Breakfast

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