

Type School Name Here



January 2023

MCFI

K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL / MCFI CLOSED	3 WG Triple Berry Dunker Bar Seasonal Fruit Choice of Milk	4 WG Cinnamon Crunchmania 100% Fruit Juice Choice of Milk	5 Vanilla Bear Grahams Cinnamon Apple Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	6 Multigrain Frosted Flakes Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk
9 WG Frosted Mini Wheats WG MJM Graham 100% Fruit Juice Applesauce Cup Choice of Milk	10 WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	11 WG Cinnamon Flakes WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	12 Strawberry Granola Vanilla Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk	13 WG Zucchini Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk
16 Manager's Choice Breakfast 100% Fruit Juice Seasonal Fruit Choice of Milk	17 WG Cinnamon Cream Cheese Filled Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	18 WG Vanilla Honey Bunches of Oats WG MJM Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	19 WG Blueberry Chex WG Muffin 100% Fruit Juice Seasonal Fruit Choice of Milk	20 WG Raisin Bran WG Cinnamon Goldfish Grahams 100% Fruit Juice Seasonal Fruit Choice of Milk
23 WG Goldfish Pretzel Strawberry Banana Yogurt 100% Fruit Juice Seasonal Fruit Choice of Milk	24 WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	25 WG Honey Cheerios Hard-Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	26 WG Honey Graham Cinnamon Apple Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	27 WG Blueberry Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk
30 WG Cherry Apple Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	31 WG Animal Crackers Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		

This institution is an equal opportunity provider.

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January 2023

MCFI

9-12 Hot Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL / MCFI CLOSED	3 WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Baby Carrots (3/4 cup) Seasonal Fruit (1 cup) Choice of Milk	4 Chicken and Gravy over Mashed Potatoes WG Pretzel Breadstick WG Cracker Steamed Mixed Vegetables Seasonal Fruit (1 cup) Choice of Milk	5 Teriyaki Chicken over WG Brown Rice WG Dinner Roll Asian Broccoli Slaw Seasonal Fruit (1 cup) Choice of Milk	6 WG Chicken Smackers BBQ Sauce Packet WG Mini Waffle Pouch Syrup Cup Roasted Sweet Potatoes Seasonal Fruit (1 cup) Choice of Milk
9 Roasted Chicken Leg BBQ Sauce Packet WG Biscuit with Honey Packet Steamed Green Beans Seasonal Fruit (1 cup) Choice of Milk	10 Italian Meatsauce over Bowtie Pasta WG Pretzel Breadstick Fresh Broccoli Bites Seasonal Fruit (1 cup) Choice of Milk	11 Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit (1 cup) Choice of Milk	12 Cheeseburger on WG Bun Ketchup Packets (2) Oven-Roasted Potatoes Seasonal Fruit (1 cup) Choice of Milk	13 Domino's Cheese Pizza WG Muffin Baby Carrots Seasonal Fruit (1 cup) Choice of Milk
16 Manager's Choice Entrée Steamed Vegetable Seasonal Fruit (1 cup) Choice of Milk	17 Beef Taco Meat with Shredded Cheese on WG Tortilla Taco Sauce WG Cracker Ranchero Beans Seasonal Fruit (1 cup) Choice of Milk	18 WG Chicken Nuggets BBQ Sauce Packet WG Dinner Roll Creamy Coleslaw Seasonal Fruit (1 cup) Choice of Milk	19 WG French Toast Sticks Fruited Yogurt Cup WG Cracker Over Roasted Potatoes Ketchup Packet Seasonal Fruit (1 cup) Choice of Milk	20 Homemade Meatloaf WG Biscuit Mashed Potatoes Seasonal Fruit (1 cup) Choice of Milk
23 Sweet and Sour Chicken over WG Brown Rice WG Muffin Fresh Broccoli Bites Seasonal Fruit (1 cup) Choice of Milk	24 WG Cheese Quesadilla Taco Sauce Packet Fiesta Beans Seasonal Fruit (1 cup) Choice of Milk	25 Oven-Roasted Turkey Slices over Mashed Potatoes WG Biscuit Seasonal Fruit (1 cup) Choice of Milk	26 WG Chicken Patty on WG Bun Mayo Packet Steamed Green Beans Seasonal Fruit (1 cup) Choice of Milk	27 WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Baby Carrots (3/4 cup) Seasonal Fruit (1 cup) Choice of Milk
30 WG Chicken Smackers BBQ Sauce Packet WG Cornbread Steamed Mixed Vegetables Seasonal Fruit (1 cup) Choice of Milk	31 WG Mini Maple Waffle Pouch Syrup Cup Chicken Breakfast Sausage Fruited Yogurt Cup Baby Carrots Seasonal Fruit (1 cup) Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		

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