

Type School Name Here



MARCH 2023

MCFI

K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL. SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		1 WG Cinnamon Filled Minibagel Raisins Seasonal Breakfast Fruit Choice of Milk	2 WG Multigrain Cheerios WG Apple Cinnamon Muffin Applesauce Cup 100% Fruit Juice Choice of Milk	3 WG Raisin Bran Cereal Bowl WG Savory Bites1 00% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
6 WG Goldfish Pretzels Strawberry Banana Yogurt 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	7 WG Crunchmania - Cinnamon Bun 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	8 WG Honey Cheerios Cereal Bowl Hard Boiled Egg or String Cheese 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	9 Apple Cinnamon Spread WG Honey Grahams 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	10 WG Blueberry Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
13 WG Cherry Apple Dunker Bar 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	14 Creamy Chickpea Spread WG Animal Cracker 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	15 WG Cinnamon filled Mini Bagel 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	16 Honey Roasted Sunflower Seeds WG Corn Chex Cereal Bowl 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	17 Vanilla Yogurt Cup WG Vanilla Bear Crackers 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
20 WG Cinnamon Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	21 String Cheese WG Golden Grahams Cereal Bowl 100% Fruit Juice Mixed Dried Fruit Choice of Milk	22 WG Cheerios Cereal Bowl WG Maple Waffle Crackers 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	23 Banana Choc Chip Granola Round 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	24 Spicy Sunflower Seeds WG Multigrain Frosted Flakes Cereal Bowl 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk
27 WG Banana Bread Slice 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	28 WG Vanilla Bear Crackers Apple Cinnamon Spread 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	29 WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	30 WG Multigrain Cheerios Bowl Honey Roasted Sunflower Seeds 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk	31 WG Crunchmania - Cinnamon Bun 100% Fruit Juice Seasonal Breakfast Fruit Choice of Milk

2/13/2023

Type School Name Here



March 2023

MCFI

9-12 Hot Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE</p> <p>MENU SUBJECT TO CHANGE</p>	<p>1</p> <p>Chicken Nuggets Fresh Garden Salad Blend WG Dinner Roll BBQ Sauce & Ranch Seasonal Fruit (1 cup) Choice of Milk</p>	<p>2</p> <p>Homemade Meatloaf WG Buttermilk Biscuit Grape Jelly Packet Fresh Salad Bar with Dressing Seasonal Fruit (1 cup) Choice of Milk</p>	<p>8</p> <p>Macaroni and Cheese Sweet Green Peas WG Pretzel Breadstick Seasonal Fruit (1 cup) Choice of Milk</p>	
<p>6</p> <p>Orange Chicken Baby Carrots Brown Rice Seasonal Fruit (1 cup) Choice of Milk</p>	<p>7</p> <p>Chicken Smackers Roasted Potatoes WG Maple Mini Waffles, Syrup Cup Ketchup Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>8</p> <p>Homemade Beef and Bean Chili with Shredded Cheddar Fresh Salad Bar with Dressing WG Cornbread WG Cheese Crackers Seasonal Fruit (1 cup) Choice of Milk</p>	<p>9</p> <p>WG Breaded Chicken Patty Vegetarian Baked Beans, 3/4 cup WG Hamburger Bun Mayo Packet Seasonal Fruit (1 cup) Choice of Milk</p>	
<p>13</p> <p>Roasted Chicken Leg Baby Carrots and Grape Tomatoes WG Cornbread BBQ Sauce Packet Ranch Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>14</p> <p>WG Cheese Quesadilla Fresh Salad Bar with Dressing Seasonal Lunch Fruit (1 cup) Taco Sauce Packet Choice of Milk</p>	<p>15</p> <p>Creamy Chicken and Gravy over Mashed Potatoes WG Dinner Roll WG Chocolate Bear Crackers Margarine Seasonal Fruit (1 cup) Choice of Milk</p>	<p>16</p> <p>Hamburger Patty on WG Bun w American Cheese Slice Creamy Coleslaw Ketchup Packet Seasonal Fruit (1 cup) Choice of Milk</p>	
<p>20</p> <p>Ranchero Chicken & Beans w/ Shredded Cheddar Fresh Baby Carrots Cilantro Lime Brown Rice Ranch Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>21</p> <p>Italian Meatsauce Fresh Salad Bar with Dressing Bowtie Pasta, WG Pretzel Breadstick Ranch Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>22</p> <p>WG Chicken Corn Dog Vegetarian Baked Beans, WG Apple Cinnamon Bear Crackers Ketchup Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>23</p> <p>Southwest Beef & Bean Patty with Shredded Mozz Cheese Elotes Corn Salad WG Hamburger Bun Ketchup and Mayo Seasonal Fruit (1 cup) Choice of Milk</p>	
<p>27</p> <p>Sweet and Sour Chicken Baby Carrots Brown Rice Blueberry Muffin Seasonal Fruit (1 cup) Choice of Milk</p>	<p>28</p> <p>Turkey Hot Dog WG Hot Dog Bun Fresh Salad Bar with Dressing Ketchup Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>29</p> <p>Beef Nachos on WG Corn Tortilla chips Steamed Corn WG Apple Cinnamon Bears Seasonal Fruit (1 cup) Choice of Milk</p>	<p>30</p> <p>Italian Turkey Meatball Sub on WG bun Fresh Salad Bar with Dressing Seasonal Fruit (1 cup) Choice of Milk</p>	
<p>27</p> <p>Sweet and Sour Chicken Baby Carrots Brown Rice Blueberry Muffin Seasonal Fruit (1 cup) Choice of Milk</p>	<p>29</p> <p>Turkey Hot Dog WG Hot Dog Bun Fresh Salad Bar with Dressing Ketchup Packet Seasonal Fruit (1 cup) Choice of Milk</p>	<p>30</p> <p>Italian Turkey Meatball Sub on WG bun Fresh Salad Bar with Dressing Seasonal Fruit (1 cup) Choice of Milk</p>	<p>31</p> <p>Domino's Cheese Pizza Romaine Salad Seasonal Lunch Fruit WG Animal Cracker Ranch Packet Choice of Milk</p>	

2.13.2023

This institution is an equal opportunity provider