

Destiny High School

MCFI

9-12 Cold Breakfast



January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 MCFI CLOSED HOLIDAY BREAK	2 HOLIDAY BREAK	3 WG Cinnamon Flakes Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	4 WG Dunker Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
7 Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	8 WG Cinnamon Chex Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	9 NEW! WG Grape Jelly Crescents Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	10 WG Corn Chex WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	11 WG General Mills Cereal Bars Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
14 WG Cream Cheese-Filled Bagels Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	15 WG Reduced-Sugar Cinnamon Toast Crunch WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	16 WG Appleways Crispy Bites Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	17 WG Multigrain Cheerios Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	18 WG Appleways Oatmeal Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
21 NO SCHOOL MLK Day	22 WG Reduced-Sugar Cocoa Puffs WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	23 Whole Grain Breakfast Muffin Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	24 WG Frosted Mini Wheats WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	25 WG Frudel Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
28 WG Granola Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	29 WG Cheerios WG Assorted Graham Cracker Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	30 WG UBR Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	31 WG Cinnamon Flakes Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	

MILK FOR SCHOOL:

SKIM WHITE

LOW FAT WHITE

SKIM CHOCOLATE

MENU SUBJECT TO CHANGE