

# Capitol West Academy

## MCFI

### Fuel4U/ Cold Breakfast MWF



# September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL - LABOR DAY  MCFI CLOSED	4 Cinnamon Chex Chocolate Bear Graham 100% Juice Cup Seasonal Fruit Choice Of Milk	5 Whole Grain Breakfast Muffin Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	6 Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	7 Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
10 Granola Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	11 Frosted Flakes Cereal Chocolate Bear Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	12 UBR Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	13 Golden Grahams Cereal Chocolate Bear Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	14 Dunker Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
17 Whole Grain Breakfast Bread Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	18 Trix Cereal Cinnamon Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	19 Cream Cheese-Filled Bagels Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	20 Fruity Cheerios Lemon Dino Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	21 Whole Grain Breakfast Muffin Cheese Stick Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk
24 Dunker Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	25 Golden Grahams Cereal Chocolate Bear Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	26 Appleways Crispy Bites Yogurt Cup Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk	27 Lucky Charms Cereal Honey Grahams 100% Juice Cup Seasonal Fruit Choice Of Milk	28 Appleways Oatmeal Bar Seasonal Breakfast Fruit 100% Fruit Juice Choice of Milk

**MILK FOR SCHOOL:**  
**SKIM WHITE**  
**LOW FAT WHITE**  
**SKIM CHOCOLATE**

This institution is an equal opportunity provider.

**MENU SUBJECT TO CHANGE**