

Monday



3

Tuesday



4

Wednesday



5

Thursday



6

Friday



7



10



11



12



WG Cereal Bar 30g
Graham Cracker 11g
Fresh Fruit 25g



13

WG Pancakes 30g
Go-Gurt 8g
Applesauce 17g
Fruit Juice 20g

14

WG Cereal 30g
Graham Cracker 11g
Fresh Fruit 25g

17

Donut 23g
Applesauce 17g
Fruit Juice 20g

18

WG Muffin 30g
Cheez-it 14g
Fresh Fruit 25g

19

WG Cereal Bar 30g
Graham Cracker 11g
Fresh Fruit 25g

20

WG Waffles 30g
Applesauce 17g
Fruit Juice 20g

21

WG Cereal 30g
Graham Cracker 11g
Fresh Fruit 25g

24

Donut 23g
Applesauce 17g
Fruit Juice 20g

25

WG Muffin 30g
Cheez-it 14g
Fresh Fruit 25g

26

WG Cereal Bar 30g
Graham Cracker 11g
Fresh Fruit 25g

27

WG Pancakes 30g
Go-Gurt 8g
Applesauce 17g
Fruit Juice 20g

28

WG Cereal 30g
Graham Cracker 11g
Fresh Fruit 25g

31

Carb grams indicated in **ORANGE**.

Milk is offered with each meal: 1% White Milk 12g OR Fat Free Chocolate 24g

USDA is an equal opportunity provider, employer, and lender.

Menu is subject to change based on food availability or unforeseen school closures.

Fig's Café & Catering Services
Contact: Melissa Bryant 614.747.0196