BREAKFAST

K-8 Menu

DECEMBER 2026

FAIRFIELD PREPARATORY ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Donut 23g Applesauce 17g Fruit Juice 20g	**2** WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	**3** WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	**4** WG Waffles 30g Applesauce 17g Fruit Juice 20g
7 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	**8** Donut 23g Applesauce 17g Fruit Juice 20g	**9** WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	**10** WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	**11** WG Pancakes 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g
14 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	**15** Donut 23g Applesauce 17g Fruit Juice 20g	**16** WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	**17** WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	**18** WG Waffles 30g Applesauce 17g Fruit Juice 20g
				**25** 

Carb grams indicated in **ORANGE.**
Milk is offered with each meal: 1% White Milk 12g OR Fat Free Chocolate 24g
This institution is an equal opportunity provider.
Menu is subject to change based on food availability or unforeseen school closures.

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