BREAKFAST

K-12 Menu

November 2026

MOUNT AUBURN PREPARATORY ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	**3** Donut 23g Applesauce 17g Fruit Juice 20g	**4** WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	**5** WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	**6** Bagel 33g Applesauce 17g Fruit Juice 20g
9 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	**10** Donut 23g Applesauce 17g Fruit Juice 20g	**11** WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	**12** WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	**13** Bagel 33g Applesauce 17g Fruit Juice 20g
16 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** Bagel 33g Applesauce 17g Fruit Juice 20g
	**24** 	**25** 	**26** 	**27** 
30 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g				

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