BREAKFAST

K-8 Menu

November 2026

SAGEWOOD STEAM ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	**3** Donut 23g Applesauce 17g Fruit Juice 20g	**4** WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	**5** Pop-Tart 36g Graham Cracker 11g Fresh Fruit 25g	**6** WG Waffles 30g 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** WG Pancakes 30g Go-Gurt 8g 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** Pop-Tart 36g Graham Cracker 11g Fresh Fruit 25g	**20** WG Waffles 30g Applesauce 17g Fruit Juice 20g
HAVE A WONDERFUL THANKSGIVING BREAK! "gobble gobble gobble"	**24** 	**25** 	**26** 	**27** 
30 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g				

Carb grams indicated in **ORANGE.** **HALAL OPTIONS OFFERED**

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