LUNCH
K-8 Menu

November 2026

SAGEWOOD STEAM ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets 24g WG Sliced Bread 20g Vegetarian Baked Beans 30g Fresh Fruit 25g	**3** WG Pizza Slice 23g Fresh Carrots w/ Ranch 13g Applesauce 17g	**4** Chicken Taco with WG Tortilla 25g Corn 19g Fresh Fruit Cup 22g	**5** Chicken Lo Mein 38.4g WG Roll 17g Broccoli 8g Fresh Fruit 25g	**6** Swedish Meatballs 16g WG Roll 12g Mashed Potatoes 17g Fresh Fruit Cup 22g
9 Chicken Patty 13g WG Bun 16g Vegetarian Baked Beans 30g Fresh Fruit 25g	**10** WG Pizza Slice 23g Fresh Carrots w/ Ranch 13g Applesauce 17g	**11** Beef Burrito with WG Tortilla 20g Corn 19g Fresh Fruit Cup 22g	**12** Three Cheese Pasta Bake 38g WG Roll 12g Broccoli 8g Fresh Fruit 25g	**13** Curry Chicken w/ Basmati Rice 41g WG Roll 12g Green Beans 6g Fresh Fruit Cup 22g
16 Chicken Nuggets 24g WG Slice of Bread 20g Vegetarian Baked Beans 30g Fresh Fruit 25g	**17** WG Pizza Slice 23g Fresh Carrots w/ Ranch 13g Applesauce 17g	**18** Chicken Gyro on WG Pita 35g Corn 19g Fresh Fruit Cup 22g	**19** Johnny Marzetti 26.5g Breadstick 24g Broccoli 8g Fresh Fruit 25g	**20** Turkey & Cheese Sub on a WG Sub Roll 24g Mixed Vegetables 10g Fresh Carrots with Ranch 13g Banana 27g
	**24** 	**25** 	**26** 	**27** 
30 Chicken Patty 13g WG Bun 16g Vegetarian Baked Beans 30g Fresh Fruit 25g				

Menu reflects: Carb counts listed in ORANGE. **HALAL or KOSHER only.**
Milk is offered with each meal: 1% White Milk 12g OR Fat Free Chocolate 24g

Menu is subject to change based on food availability or unforeseen school closures.
This institution is an equal opportunity provider.

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