

Monday



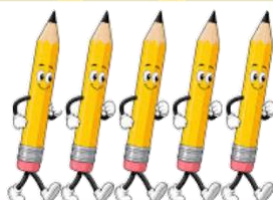
3

Tuesday



4

Wednesday



5

Thursday



6

Friday



7

**BACK TO
SCHOOL
OPEN HOUSE**

10

WELCOME

Donut 23g
Applesauce 17g
Fruit Juice 20g

First Day: A-L



WELCOME

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

First Day: M-Z



13

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

14

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

17

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

18

Donut 23g
Applesauce 17g
Fruit Juice 20g

19

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

20

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

21

WG Waffles 30g
Applesauce 17g
Fruit Juice 20g

24

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

25

Donut 23g
Applesauce 17g
Fruit Juice 20g

26

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

27

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

28

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

31

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

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