



## K-8 Menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**5**

Spaghetti 28g  
Breadstick 24g  
Broccoli 8g  
Fresh Fruit 25g

**6**

Chicken Gyro on WG Pita 35g  
Mixed Vegetables 10g  
Fresh Fruit Cup 22g

**7**

Cheeseburger on a WG Bun 26g  
Vegetarian Baked Beans 30g  
Fresh Fruit 25g

**8**

Grilled Cheese 31g  
Sweet Potato Fries 23g  
Fresh Fruit Cup 22g

**9**

WG Pizza Slice 23g  
Fresh Carrots w/ Ranch 13g  
Applesauce 17g  
WG Chips 27g

**13**

Chicken Burrito on WG Tortilla 25g  
Broccoli 8g  
Fresh Fruit Cup 22g

**14**

Chicken Patty on a WG Bun 13g  
Vegetarian Baked Beans 16g  
Fresh Fruit 30g  
Fresh Fruit 25g

**15**

Turkey and Cheese Sub 24g  
French Fries 33g  
Fresh Carrots with Ranch 13g  
Fresh Fruit Cup 22g

**16**

WG Pizza Slice 23g  
Fresh Carrots w/ Ranch 13g  
Applesauce 17g  
WG Chips 27g

**19**

Johnny Marzetti 26.5g  
Broccoli 8g  
Fresh Fruit 25g

**20**

Chicken Taco with WG Tortilla 25g  
Corn 19g  
Fresh Fruit Cup 22g

**21**

Grilled Cheese 31g  
Mixed Vegetables 10g  
Fresh Carrots with Ranch 13g  
Fresh Fruit Cup 22g

**22**

Chicken Nuggets 24g  
Dinner Roll 12g  
Vegetarian Baked Beans 30g  
Fresh Fruit 25g

**23**

WG Pizza Slice 23g  
Fresh Carrots w/ Ranch 13g  
Applesauce 17g  
WG Chips 27g

**26**

Teriyaki Chicken Stir Fry 20g  
Broccoli 8g  
Fresh Fruit 25g

**27**

Chicken Gyro on WG Pita 35g  
Corn 19g  
Fresh Carrots with Ranch 13g  
Fresh Fruit Cup 22g

**28**

Hot Dog 3g  
WG Bun 25g  
Vegetarian Baked Beans 30g  
Fresh Fruit 25g

**29**

French Toast 28g  
Turkey Bacon 1g  
OR Cheese Stick. 0g  
Hashbrowns 17g  
Fresh Fruit Cup 22g



Carb grams indicated in **ORANGE**.

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.

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Fig's Café & Catering Services  
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