

# BREAKFAST

## K-8 Menu



### Monday



### Thursday

### Friday

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

Donut 23g  
Applesauce 17g  
Fruit Juice 20g

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

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

Bagel 33g  
Applesauce 17g  
Fruit Juice 20g

**SCHOOL CLOSED**  
**INDIGENOUS PEOPLES DAY**  
**PARENT TEACHER CONFERENCES**

Donut 23g  
Applesauce 17g  
Fruit Juice 20g

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

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

Bagel 33g  
Applesauce 17g  
Fruit Juice 20g

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

Donut 23g  
Applesauce 17g  
Fruit Juice 20g

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

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

Bagel 33g  
Applesauce 17g  
Fruit Juice 20g

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

Donut 23g  
Applesauce 17g  
Fruit Juice 20g

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

WG Cereal Bar 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

Menu is subject to change based on food availability or unforeseen school closures.

USDA is an equal opportunity provider, employer, and lender.

Fig's Café & Catering Services

Contact: Melissa Bryant 614.747.0196