

Monday



3



10



17

24

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

31

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

Tuesday



4



11

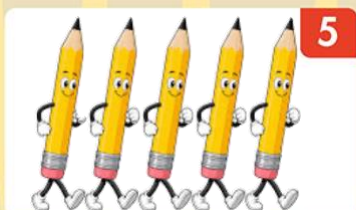


18

25

Donut	23g
Applesauce	17g
Fruit Juice	20g

Wednesday



5



12



19

26

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

Thursday



6



13

20

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

27

Pop-Tart	36g
Graham Cracker	11g
Fresh Fruit	25g

Friday



7



14

21

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

28

WG Waffles	30g
Applesauce	17g
Fruit Juice	20g

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

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