

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**6**

WG Pizza Slice 23g  
Mixed Green Salad 4g  
Apple 18g

**7**

Macaroni & Cheese 31g  
Breadstick 16g  
Broccoli 8g  
Pear 25g

**8**

Chicken Nuggets 24g  
WG Roll 12g  
Vegetarian Baked Beans 30g  
Applesauce 17g

**9**

Chicken Burrito with WG Tortilla 25g  
Corn 19g  
Mixed Fruit Cup 26g

**10**

Chicken Drumstick 6g  
WG Roll 12g  
Spinach Salad 4g  
Fruit Cup 22g

**13**

WG Pizza Slice 23g  
Mixed Green Salad 4g  
Apple 18g

**14**

Swedish Meatballs 16g  
WG Roll 17g  
Broccoli 8g  
Fruit Cup 22g

**15**

Chicken Patty on a WG Bun 13g  
16g  
Vegetarian Baked Beans 30g  
Applesauce 17g

**16**

Chicken Burrito with WG Tortilla 25g  
Corn 19g  
Mixed Fruit Cup 26g

**17**

Hot Dog on WG Bun 3g  
25g  
Fries 33g  
Applesauce 17g

**20**

WG Pizza Slice 23g  
Mixed Green Salad 4g  
Apple 18g

**21**

Teriyaki Chicken Stir-Fry 20g  
Caribbean Vegetable 3g  
Mixed Fruit Cup 26g  
Fortune Cookie 16g

**22**

Chicken Nuggets 24g  
WG Roll 12g  
Broccoli 8g  
Applesauce 17g

**23**

Turkey & Cheese Sub In a WG Sub Bun 24g  
WG Chips 27g  
Vegetarian Baked Beans 30g  
Banana 27g

**24**

French Toast 28g  
Turkey Bacon OR Cheese Stick 1g  
Hashbrowns 17g  
Mixed Fruit Cup 26g

**27**

WG Pizza Slice 23g  
Mixed Green Salad 4g  
Apple 18g

**28**

Chicken Alfredo 32g  
WG Roll 12g  
Broccoli 8g  
Pear 25g

**29**

Chicken Patty on a WG Bun 13g  
16g  
Vegetarian Baked Beans 30g  
Applesauce 17g

**30**

Chicken Gyro on a WG Pita 35g  
Fries 33g  
Mixed Fruit Cup 26g

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

**\*\*Grades 9-12** receive additional servings per USDA guidelines [e.g., 2 fruits].  
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  
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