

LUNCH

K-8 Menu
9th-12th Menu: see notes below

JUNE



Monday



Tuesday



Wednesday



Thursday



Friday



	8
Chicken Alfredo	32g
Breadstick	16g
Broccoli	8g
Pear	25g

	9
Beef Burrito with WG Tortilla	29.5g
Corn	19g
Salsa Cup	2g
Mixed Fruit Cup	26g

	10
Chicken Patty on a WG Bun	13g
Vegetarian Baked Beans	16g
Applesauce	30g
	17g

	11
Chicken Salad on a WG Sub Bun	24g
Mixed Vegetables	19g
Banana	27g



	15
Teriyaki Chicken Stir Fry	20g
Fortune Cookie	16g
Broccoli	8g
Pear	25g

	16
Chicken Burrito with WG Tortilla	25g
Corn	19g
Salsa Cup	2g
Mixed Fruit Cup	26g

	17
Sloppy Joe on a WG Bun	32g
Vegetarian Baked Beans	30g
Applesauce	17g

	18
Roast Beef & Cheese Sub on a WG Sub Bun	26g
Mixed Vegetables	19g
Banana	27g



	22
Chicken Jambalaya	45g
Corn Muffin	24g
Broccoli	8g
Pear	25g

	23
Beef Burrito with WG Tortilla	29.5g
Corn	19g
Salsa Cup	2g
Mixed Fruit Cup	26g

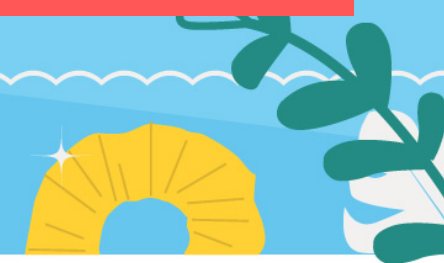
	24
Chicken Nuggets	24g
WG Roll	12g
Vegetarian Baked Beans	30g
Applesauce	17g

	25
Turkey & Cheese Sub on a WG Sub Bun	24g
Mixed Vegetables	19g
Banana	27g



	29
Spaghetti	28g
Corn Muffin	24g
Broccoli	8g
Pear	25g

	30
Chicken Burrito with WG Tortilla	25g
Corn	19g
Salsa Cup	2g
Mixed Fruit Cup	26g



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.

****Grades 9-12** receive additional servings per USDA guidelines [e.g., 2 fruits].
Menu is subject to change based on food availability or unforeseen school closures.

Fig's Café & Catering Services
Contact: Melissa Bryant **614.747.0196**