



K-8 Menu  
9<sup>th</sup>-12<sup>th</sup> Menu: see notes below

# JULY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Carb grams indicated in <b>ORANGE</b>. <b>HALAL OPTIONS OFFERED</b> Milk is offered with each meal: 1% White Milk <b>12g</b> OR Fat Free Chocolate <b>24g</b> USDA is an equal opportunity provider, employer, and lender. Menu is subject to change based on food availability or unforeseen school closures. <b>**Grades 9-12</b> receive additional servings per USDA guidelines [e.g., 2 fruits].</p>		<p><b>1</b></p> <p>Chicken Patty <b>13g</b> on a WG Bun <b>16g</b> Vegetarian Baked Beans <b>30g</b> Applesauce <b>17g</b></p>	<p><b>2</b></p> <p>Chicken Salad <b>24g</b> on a WG Sub Bun <b>19g</b> Mixed Vegetables <b>27g</b> Banana</p>	<p><b>3</b></p> <p><b>NO SCHOOL FRIDAY</b></p>
<p><b>6</b></p> <p>Mac &amp; Cheese <b>31g</b> Breadstick <b>16g</b> Broccoli <b>8g</b> Pear <b>25g</b></p>	<p><b>7</b></p> <p>Beef Burrito with WG Tortilla <b>29.5g</b> Corn <b>19g</b> Mixed Fruit Cup <b>26g</b></p>	<p><b>8</b></p> <p>Sloppy Joe on a WG Bun <b>32g</b> Vegetarian Baked Beans <b>30g</b> Applesauce <b>17g</b></p>	<p><b>9</b></p> <p>Roast Beef &amp; Cheese Sub on a WG Sub Bun <b>26g</b> Mixed Vegetables <b>19g</b> Banana <b>27g</b></p>	<p><b>10</b></p> <p>Have a great <b>WEEKEND</b> See you monday</p>
<p><b>13</b></p> <p>Chicken Alfredo <b>32g</b> Breadstick <b>16g</b> Broccoli <b>8g</b> Pear <b>25g</b></p>	<p><b>14</b></p> <p>Chicken Burrito with WG Tortilla <b>25g</b> Corn <b>19g</b> Mixed Fruit Cup <b>26g</b></p>	<p><b>15</b></p> <p>Chicken Nuggets <b>24g</b> WG Roll <b>12g</b> Vegetarian Baked Beans <b>30g</b> Applesauce <b>17g</b></p>	<p><b>16</b></p> <p>Turkey &amp; Cheese Sub on a WG Sub Bun <b>24g</b> Mixed Vegetables <b>19g</b> Banana <b>27g</b></p> <p><b>LAST DAY</b></p>	<p><b>17</b></p> <p><b>SUMMER BREAK STARTS NOW!</b></p>



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

