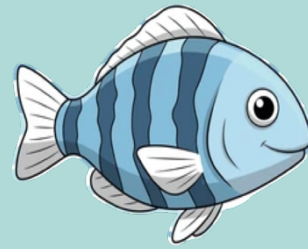


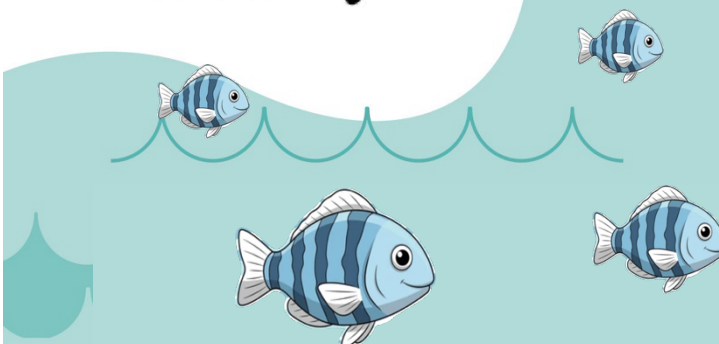
SUMMER School

JULY 2026



BREAKFAST

K-12 MENU



WG Muffin	30g	1
Cheez-it	14g	
Fresh Fruit	25g	

WG Cereal Bar	30g	2
Graham Cracker	11g	
Fresh Fruit	25g	



WG Cereal	30g	6
Graham Cracker	11g	
Fresh Fruit	25g	

Donut	23g	7
Applesauce	17g	
Fruit Juice	20g	

WG Muffin	30g	8
Cheez-it	14g	
Fresh Fruit	25g	

WG Cereal Bar	30g	9
Graham Cracker	11g	
Fresh Fruit	25g	



WG Cereal	30g	13
Graham Cracker	11g	
Fresh Fruit	25g	

Donut	23g	14
Applesauce	17g	
Fruit Juice	20g	

WG Muffin	30g	15
Cheez-it	14g	
Fresh Fruit	25g	

WG Cereal Bar	30g	16
Graham Cracker	11g	
Fresh Fruit	25g	



WG Cereal	30g	20
Graham Cracker	11g	
Fresh Fruit	25g	

Donut	23g	21
Applesauce	17g	
Fruit Juice	20g	

WG Muffin	30g	22
Cheez-it	14g	
Fresh Fruit	25g	

WG Cereal Bar	30g	23
Graham Cracker	11g	
Fresh Fruit	25g	



LAST DAY TODAY



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