



BREAKFAST

K-8 Menu

SEPTEMBER

2026

EASTLAND PREPARATORY ACADEMY

Monday

Tuesday

Wednesday

Thursday

Friday

Donut 23g
Applesauce 17g
Fruit Juice 20g

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

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

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

Happy
LABOR DAY

Donut 23g
Applesauce 17g
Fruit Juice 20g

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

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

WG Waffles 30g
Applesauce 17g
Fruit Juice 20g

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

Donut 23g
Applesauce 17g
Fruit Juice 20g

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

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

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

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

Donut 23g
Applesauce 17g
Fruit Juice 20g

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

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

REMINDER
NO SCHOOL TODAY
Staff Professional Development

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

Donut 23g
Applesauce 17g
Fruit Juice 20g

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

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