



K-8 Menu

SEPTEMBER

2026

EASTLAND PREPARATORY ACADEMY

Monday

Tuesday

Wednesday

Thursday

Friday



7

14

21

28

1

8

15

22

29

2

9

16

23

30

3

10

17

24

4

11

18

Chicken Burrito
with WG Tortilla
Corn
Fresh Fruit Cup

25g
19g
22g

Beef Taco
with WG Tortilla
Corn
Fresh Fruit Cup

20g
19g
22g

Chicken Gyro on WG Pita
Corn
Fresh Fruit Cup

35g
19g
22g

Beef Burrito
with WG Tortilla
Corn
Fresh Fruit Cup

20g
19g
22g

Chicken Taco
with WG Tortilla
Corn
Fresh Fruit Cup

25g
19g
22g

Chicken Alfredo
WG Roll
Broccoli
Fresh Fruit

32g
12g
8g
25g

Macaroni & Cheese
WG Roll
Broccoli
Fresh Fruit

31g
12g
8g
25g

Spaghetti
WG Breadstick
Broccoli
Fresh Fruit

32g
24g
8g
25g

Chicken Lo Mein
WG Roll
Broccoli
Fresh Fruit

38.4g
12g
8g
25g

3 Cheese Pasta Bake
WG Roll
Broccoli
Fresh Fruit

38g
12g
8g
25g

Chicken Jambalaya
Mixed Vegetables
Fresh Carrots with Ranch
Fresh Fruit Cup

45g
10g
10g
22g

Chicken Drumstick
Dinner Roll
Mixed Vegetables
Fresh Carrots with Ranch
Fresh Fruit Cup

6g
12g
10g
10g
22g

Teriyaki Chicken Stir Fry
Mixed Vegetables
Fresh Carrots with Ranch
Fresh Fruit Cup

20g
10g
10g
22g

Swedish Meatballs
WG Roll
Mashed Potatoes
Fresh Fruit Cup

16g
17g
17g
22g

WG Pizza Slice
Fresh Carrots w/ Ranch
Applesauce

23g
13g
17g

WG Pizza Slice
Fresh Carrots w/ Ranch
Applesauce

23g
13g
17g

WG Pizza Slice
Fresh Carrots w/ Ranch
Applesauce

23g
13g
17g



Menu reflects: Carb counts listed in **ORANGE**. **HALAL or KOSHER only**.
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