

2022

# August

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17 Johnny Marzetti, Mixed Veggies, WG Crackers, & Fruit Cup	18 French Toast Sticks, Turkey Bacon, Hash Browns, & Fresh Fruit	19 Turkey & Cheese Sandwich, Pickles, Chips, & Fruit Cup	20	21
22 Swedish Meatballs, Mashed Potatoes, WG Dinner Rolls, & Fruit Cup	23 Sloppy Joe's, Fresh Veggies, Chips, & Fruit Cups	24 Mac & Cheese, Baked Chicken, Corn, & Fruit Cup	25 Chicken Nuggets, Baked Beans, & WG Roll	26 Chicken Salad Sandwich, Salad, Chips, & Fruit Cups	27	28
29 Orange Chicken & Rice, Sweet Peas, Fortune Cookie, & Fruit Cup	30 Beef Burrito, Salad, Graham Crackers, & Fruit Cup	31 Cheeseburger, Chips, Fresh Veggies, & Fruit Cups	01	02	03	04
05	06	<p>Notes:</p> <p>Milk is included with lunch. Choose from Fat Free White Milk, Fat Free Chocolate Milk or Shelf Stable Soy Milk. . Menus are subject to change due to availability of foods or unplanned school closings.</p> <p><b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.</b></p> <p><b>FIGS Cafe &amp; Bakery</b></p> <p><b>Contact: Melissa Bryant 614-747-0196</b></p> <p><b>PLANT-BASED VEGETARIAN OPTIONS AVAILABLE WITH MEAL</b></p>				

# 2022

# September

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01 Hot Dogs, Corn, WG Dessert, & Fresh Fruit	02 Pizza, Coleslaw, WG Cookie, & Fruit Cup	03	04
05	06 Corn Dogs, Baked Beans, WG Cookie, & Fruit Cup	07 Spaghetti & Meatballs, WG Crackers, Corn, & Fruit Cup	08 PB & J Sandwich, Salad, Chips, & Fresh Fruit	09 Chicken Quesadilla, Coleslaw, WG Cookies, & Fruit Cup	10	11
12 Meatball SUB, Fresh Veggies, Chips, & Fruit Cup	13 Beef Burrito, Salad, Graham Crackers, & Fruit Cup	14 Chicken Alfredo, Broccoli, WG Cookie, & Fruit Cup	15 Chicken Patty Sandwich, Corn, WG Dessert, & Fresh Fruit	16 Pizza, Coleslaw, WG Cookie, & Fruit Cup	17	18
19 Chicken Teriyaki & Rice, Green Beans, Fortune Cookies, & Fruit Cup	20 Chicken Burrito, Salad, Graham Crackers, & Fruit Cup	21 Johnny Marzetti, Mixed Veggies, WG Crackers, & Fruit Cup	22 French Toast Sticks, Turkey Bacon, Hash Browns, & Fresh Fruit	23 Turkey & Cheese Sandwich, Pickles, Chips, & Fruit Cup	24	25
26 Swedish Meatballs, Mashed Potatoes, WG Dinner Rolls, & Fruit Cup	27 Sloppy Joe's, Fresh Veggies, Chips, & Fruit Cups	28 Mac & Cheese, Baked Chicken, Corn, & Fruit Cup	29 Chicken Nuggets, Baked Beans, & WG Roll	30 Chicken Salad Sandwich, Salad, Chips, & Fruit Cups	01	02

03

04

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**Milk is included with lunch. Choose from Fat Free White Milk, Fat Free Chocolate Milk or Shelf Stable Soy Milk. .  
Menus are subject to change due to availability of foods or unplanned school closings.**

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**FIGS Cafe & Bakery**

**Contact: Melissa Bryant 614-747-0196**

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