LUNCH

K-8 Menu

9th-12th Menu: see notes below

December 2026

MOUNT AUBURN PREPARATORY ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Burrito on WG Tortilla 25g Mixed Vegetables 10g Fresh Fruit Cup 22g	**2** Chicken Patty 13g on a WG Bun 16g Vegetarian Baked Beans 30g Fresh Fruit 25g	**3** WG Pizza Slice 23g Fresh Carrots w/ Ranch 13g Applesauce 17g WG Chips 27g	**4** Turkey and Cheese Sub 24g French Fries 33g Fresh Carrots with Ranch 13g Fresh Fruit Cup 22g
7 Johnny Marzetti 26.5g Broccoli 8g Fresh Fruit 25g	**8** Chicken Taco with WG Tortilla 25g Mixed Vegetables 10g Fresh Fruit Cup 22g	**9** Chicken Nuggets 24g Dinner Roll 12g Vegetarian Baked Beans 30g Fresh Carrots with Ranch 13g Fresh Fruit 25g	**10** French Toast 28g Turkey Bacon 1g OR Cheese Stick. 0g Hashbrowns 17g Fresh Fruit Cup 22g	**11** Chicken Gyro on WG Pita 35g French Fries 33g Fresh Carrots with Ranch 13g Fresh Fruit Cup 22g
14 Teriyaki Chicken Stir Fry 20g Broccoli 8g Fresh Fruit 25g	**15** Walking Beef Taco With WG Chips 20g Mixed Vegetables 10g Fresh Carrots w/ Ranch 13g Fresh Fruit Cup 22g	**16** Hot Dog 3g WG Bun 25g Vegetarian Baked Beans 30g Fresh Fruit 25g	**17** WG Pizza Slice 23g Fresh Carrots w/ Ranch 13g Applesauce 17g WG Chips 27g	**18** Turkey and Cheese Sub 24g French Fries 33g Fresh Carrots with Ranch 13g Fresh Fruit Cup 22g



Grades 9-12 receive additional servings per USDA guidelines [e.g., 2 fruits].
Menu reflects: Carb counts listed in ORANGE.
Milk is offered with each meal: 1% White Milk 12g OR Fat Free Chocolate 24g.

Menu is subject to change based on food availability or unforeseen school closures.
This institution is an equal opportunity provider.

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