LUNCH

K-8 Menu

9th-12th Menu: see notes below

November 2026

MOUNT AUBURN PREPARATORY ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	**3** Walking Chicken Taco 25g on a WG Tortilla Chips Spinach Salad 0g Mixed Fruit Cup 26g	**4** Chicken Patty 13g WG Bun 16g Vegetarian Baked Beans 30g Fresh Fruit 25g	**5** WG Pancakes 15g Turkey Bacon 1g Hashbrowns 17g Mixed Fruit Cup 26g	**6** Grilled Cheese 31g Mixed Vegetables 10g Fresh Carrots w/ Ranch 13g Banana 27g
9 Chicken Alfredo 32g WG Roll 12g Broccoli 8g Fresh Fruit 25g	**10** Beef Burrito 20g on a WG Tortilla Mixed Vegetables 10g Fresh Fruit Cup 22g	**11** Chicken Nuggets 13g Dinner Roll 12g Vegetarian Baked Beans 30g Fresh Fruit 25g	**12** WG Pizza Slice 23g Fresh Carrots w/ Ranch 13g Applesauce 17g WG Chips 27g	**13** Turkey & Cheese Sub 24g on a WG Sub Bun French Fries 33g Fresh Carrots w/ Ranch 13g Banana 27g
16 Spaghetti 28g Breadstick 24g Broccoli 8g Fresh Fruit 25g	**17** Chicken Burrito 25g on a WG Tortilla Mixed Vegetables 10g Fresh Fruit Cup 22g	**18** Cheeseburger 26g on a WG Bun Vegetarian Baked Beans 30g Fresh Fruit 25g	**19** Waffles 37g Turkey Bacon 1g OR Cheese Stick. 0g Hashbrowns 17g Mixed Fruit Cup 26g	**20** Chicken Gyro 35g on a WG Pita French Fries 23g Fresh Carrots w/ Ranch 13g Mixed Fruit Cup 26g
	**24** 	**25** 	**26** 	**27** 
30 BBQ Meatballs 28g on a WG Bun Broccoli 8g Banana 27g				

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