



Audubon Breakfast Menu



December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 December 3 – 7	3 Whole Grain Cinnamon Roll Assorted Fresh Fruit Assorted Milk	4 Turkey Sausage Breakfast Sandwich Assorted Jelly Assorted Fresh Fruit Assorted Milk	5 Greek Yogurt & Granola (V) Assorted Fresh Fruit Assorted Milk	6 Turkey & Cheese Melt Assorted Fresh Fruit Assorted Milk Assorted Jelly	7 Whole Grain Waffles Maple Syrup Assorted Fresh Fruit Assorted Milk	
WEEK 2 December 10 – 14	10 Greek Yogurt & Granola (V) Assorted Fresh Fruit Assorted Milk	11 Scrambled Eggs Whole Grain Toast Assorted Fresh Fruit Assorted Milk	12 Whole Grain Waffles Maple Syrup Assorted Fresh Fruit Assorted Milk	13 Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly	14 Whole Grain Cinnamon Roll w/ Maple Syrup Assorted Fresh Fruit Assorted Milk	
WEEK 3 December 17 – 21	17 Cereal Assorted Fresh Fruit Assorted Milk	18 Vegetable Frittata Whole Grain Toast Assorted Fresh Fruit Assorted Milk	19 French Toast w/ Maple Syrup Assorted Fresh Fruit Assorted Milk	20 Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly	21 Oatmeal Muffin Squares Assorted Fresh Fruit Assorted Milk	
WEEK 4 December 24 – 28		25 HAPPY HOLIDAYS		27 HAPPY HOLIDAYS		
Week 5 December 31						



Audubon Lunch Menu December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 December 3 – 7	3 BBQ Chicken Thigh Mac & Cheese ● Ham, Cheese & Triscuit Kit ● Veggie Burger on WG Bun (V) ● Baked Beans ● Baked Sweet Potato Fries ● Assorted Fresh Fruit & Milk	4 Spaghetti & Meatballs ● Greek Yogurt Pack ● Vegetarian Pasta (V) ● Romaine Side Salad ● Green Peas ● Assorted Fresh Fruit & Milk	5 Salisbury Steak w/ Dinner Roll ● Chef Salad ● Garden Salad (V) ● Mashed Potatoes ● Glazed Carrots ● Assorted Fresh Fruit ● Assorted Milk	6 Cheese Pizza (V) Chicken Bacon Wrap ● Italian Vegetable Mix ● Zucchini ● Assorted Fresh Fruit ● Assorted Milk	7 ● Baked Chicken Nuggets Turkey Bagel Sandwich Egg Bagel Sandwich (V) ● Green Beans Tater Tots ● Assorted Fresh Fruit & Milk	
WEEK 2 December 10 – 14	10 ● Red Beans & Brown Rice (V) ● Eat Fit Yogurt Pack (V) ● Turnip Greens ● Corn on the Cob ● Assorted Fresh Fruit & Milk	11 ● Whole Grain Turkey Nachos ● WG Bean & Cheese Nachos (V) Salsa ● Lettuce & Tomato ● Refried Beans ● Assorted Fresh Fruit & Milk	12 ● WG Grilled Cheese Sandwich (V) Chicken Salad Sandwich Tomato Basil Soup ● Mixed Vegetables ● Assorted Fresh Fruit ● Assorted Milk	13 ● Chicken Breast w/ Red Sauce ● Brown Rice Chicken Salad Wrap Vegetable Wrap (V) Mashed Potatoes Broccoli & Cheddar Soup ● Assorted Fresh Fruit & Milk	14 Pork Chop with Gravy ● Brown Rice ● Chef Salad Butternut Squash Soup w/ Grilled Cheese (V) ● Roasted Mushrooms ● Assorted Fresh Fruit & Milk	
WEEK 3 December 17 – 21	17 ● Grilled Chicken Sandwich Pizza Kit (V) ● Baked Beans ● Potato Salad ● Assorted Fresh Fruit & Milk	18 Beef & Cheese Lasagna ● Ham, Cheese & Triscuit Kit Vegetable Lasagna Green Peas ● Romaine Side Salad ● Assorted Fresh Fruit & Milk	19 Special Holiday Menu (To Be Announced)	20 Cheese Pizza Ham & Cheese on Bun ● Green Beans ● Tomato & Cucumber Salad ● Assorted Fresh Fruit ● Assorted Milk	21 ● Chicken & Sausage Brown Rice Jambalaya ● Greek Yogurt Pack (V) ● Steamed Broccoli ● Cabbage ● Assorted Fresh Fruit ● Assorted Milk	
WEEK 4 December 24 – 28		25 HAPPY HOLIDAYS		27 HAPPY HOLIDAYS		
Week 5 December 31						