

December

2019

AUSTIN DISCOVERY SCHOOL

lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Turkey chili, corn bread, roasted veggies, fruit, vegan chili	3 Beef tostadas, rice and beans, fruit, tofu tostadas	4 Pizza, salad, fruit	5 Pulled chicken nachos, bean and corn salad, fruit	6 Sloppy Joes, corn, green beans, fruit, vegan Sloppy Joes	7
8	9 Grilled cheese, chicken noodle soup, carrots and celery with ranch	10 Beef tostadas, rice and beans, fruit	11 Pizza, salad, fruit	12 Chicken and waffles, broccoli, Tofu and waffles	13 Hamburger with fixings, tater tots, fruit, veggie burger	14
15	16 Migas, flour tortillas, refried beans, salad, fruit	17 Beef tostadas, rice and beans, fruit	18 Pizza, fruit, salad	19 Turkey meatloaf, mac and cheese, peas and carrots	20	21
22	23	24	25	26	27	28
29	30	31				