

# Middle School LUNCH MENU

## October 2022 Gluten Free Menu

### Meal Prices

Student Breakfast  
Student Lunch

Free  
\$2.45

Gluten Free Breakfast available upon request. Includes a fruit and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GF Corn Dog (x2)~40g Baked Beans~29g Fruit/Vegetable Selection	4 GF Chicken Strips~17g GF Fries~20g Fruit/Vegetable Selection	5 Walking Taco~31g Fruit/Vegetable Selection	6 GF Cheeseburger~40g GF Fries~20g Fruit/Vegetable Selection	7 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Fruit/Vegetable Selection
10 GF Pizza~38g Fruit/Vegetable Selection	11 GF Deli Sub~40g w/Chips Fruit/Vegetable Selection	12 GF Popcorn Chicken Bowl: GF Chicken Strips~17g Mashed Potatoes w/Gravy~20g GF Corn~15g	13 Full Circle Rice Mac & Cheese~63g Fruit/Vegetable Selection	14 GF Chicken Strips~17g GF Fries~20g Fruit/Vegetable Selection
17 GF Corn Dog (x2)~40g Baked Beans~29g Fruit/Vegetable Selection	18 GF Chicken Strips~17g GF Fries~20g Fruit/Vegetable Selection	19 Walking Taco~31g Fruit/Vegetable Selection	20 No School	21 No School
24 GF Pizza~38g Fruit/Vegetable Selection	25 GF Deli Sub~40g w/Chips Fruit/Vegetable Selection	26 GF Popcorn Chicken Bowl: GF Chicken Strips~17g Mashed Potatoes w/Gravy~20g GF Corn~15g	27 GF Pasta w/Marinara Sauce & GF Dinner Roll Cheese Stick Fruit/Vegetable Selection	28 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
31 GF Corn Dog (x2)~40g Baked Beans~29g Fruit/Vegetable Selection				

The planned lunch meal provides  
600-700 calories, <10% saturated  
fat, and 0g trans fats!

~Average gram (g) of carbohydrate

Menu subject to change due to product  
availability and weather delays/cancellations.

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