

November 2022 Gluten Free Menu

Middle School LUNCH 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
	1 GF Chicken Nuggets~22g GF Fries~20g Fruit/Vegetable Selection	2 Walking Taco~31g Fruit/Vegetable Selection	3 GF Cheeseburger~40g GF Fries~20g Fruit/Vegetable Selection	4 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Fruit/Vegetable Selection
7 GF Pizza~38g Fruit/Vegetable Selection	8 No School	9 GF Popcorn Chicken Bowl: GF Chicken Nuggets~22g Mashed Potatoes w/Gravy~20g GF Corn~15g	10 GF Pasta w/Marinara Sauce~30g & GF Dinner Roll~17g Cheese Stick Fruit/Vegetable Selection	11 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
14 GF Corn Dog (x2)~40g Baked Beans~29g Fruit/Vegetable Selection	15 GF Chicken Nuggets~22g GF Fries~20g Fruit/Vegetable Selection	16 Walking Taco~31g Fruit/Vegetable Selection	17 GF Cheeseburger~40g GF Fries~20g Fruit/Vegetable Selection	18 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Fruit/Vegetable Selection
21 GF Pizza~38g Fruit/Vegetable Selection	22 GF Deli Sub~40g w/Chips Fruit/Vegetable Selection	23 No School	24 No School	25 No School
28 GF Corn Dog (x2)~40g Baked Beans~29g Fruit/Vegetable Selection	29 GF Chicken Nuggets~22g GF Fries~20g Fruit/Vegetable Selection	30 Walking Taco~31g 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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