

November 2022

Mighty Oaks LUNCH MENU

Meal Prices
Student Lunch **\$2.35**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Cheese Pizza Bagels~18g Fresh Broccoli~2g Chilled Pears~7g	2 Walking Taco~28g Diced Tomatoes~3g Yellow Corn7g Banana~23g	3 Cheeseburger~30g Potato Wedges~15g Chilled Peaches~8g	4 French Toast Sticks~28g Chicken Sausage Link~0g Yogurt~19g Breakfast Potatoes~8g Applesauce Cup~15g
7 Chicken Alfredo~25g w/Garlic Breadstick~15g Green Peas~6g Mandarin Oranges~7g	8 No School	9 Beef & Cheese Nachos~34g Lettuce/Tomato~3g Fresh Strawberries~4g	10 Cheesy Breadsticks~34g Pizza Sauce~7g Fresh Baby Carrots~5g Applesauce Cup~15g	11 Boneless Chicken Wings~15g Vegetarian Baked Beans~15g Chilled Pears~7g
14 Deli Sandwich~32g Fresh Baby Carrots~5g Fresh Apple Slices~8g	15 Mini Cheese Pizza Bagels~18g Fresh Broccoli~2g Chilled Pears~7g	16 Walking Taco~28g Diced Tomatoes~3g Yellow Corn7g Banana~23g	17 Cheeseburger~30g Potato Wedges~15g Chilled Peaches~8g	18 French Toast Sticks~28g Chicken Sausage Link~0g Yogurt~19g Breakfast Potatoes~8g Applesauce Cup~15g
21 Chicken Alfredo~25g w/Garlic Breadstick~15g Green Peas~6g Mandarin Oranges~7g	22 Popcorn Chicken~12g Sugar Snap Peas~3g Fresh Apple Slices~8g	23 No School	24 No School	25 No School
28 Deli Sandwich~32g Fresh Baby Carrots~5g Fresh Apple Slices~8g	29 Mini Cheese Pizza Bagels~18g Fresh Broccoli~2g Chilled Pears~7g	30 Walking Taco~28g Diced Tomatoes~3g Yellow Corn7g Banana~23g		

Allergy Information:
This menu may contain one or more of the following ingredients: milk, eggs, soybeans, and wheat. It does not contain peanuts or tree nuts per manufacturer labels.

~ Average gram (g) of carbohydrate
Menu subject to change due to product availability and weather delays/cancellations.
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