

# December 2022

# Hawthorne, Phoenix, & RAIL LUNCH MENU

### Meal Prices

Student Breakfast

Free

Student Lunch

\$2.45

\*Indicates item may contain pork.

Breakfast located in the shaded area of the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hamburger/ Cheeseburger~30g Potato Wedges~40g Cucumber Slices~2g Fruit Selections	2 French Toast Sticks~56g Chicken Sausage~0g Yogurt~19g Breakfast Potatoes~15g Fruit Selections
			Muffin w/String Cheese~27g	Apple Frudel~36g
5 Chicken Alfredo~48g w/Garlic Breadstick~15g Green Peas~11g Fresh Baby Carrots~5g Fruit Selections	6 Breaded Chicken Sandwich~43g Potato Wedges~40g Sugar Snap Peas~5g Fruit Selections	7 Beef & Cheese Nachos~53g Lettuce/Tomato~3g Cheesy Refried Beans~29g Fruit Selections	8 Cheesy Breadsticks~68g Pizza Sauce~7g Fresh Baby Carrots~5g Fruit Selections	9 Boneless Chicken Wings~26g Seasoned Fries~40g Fresh Cauliflower~3g Fruit Selections
Oatmeal Breakfast Bar~47g	Breakfast Bread~34g	Mini Cinni~40g	Muffin w/String Cheese~27g	Apple Frudel~36g
12 Mini Corn Dogs~40g Vegetarian Baked Beans~30g Grape Tomatoes~4g Fruit Selections	13 Big Daddy's Cheese Pizza~35g Steamed Broccoli~3g Fresh Baby Carrots~5g Fruit Selections	14 Walking Taco~31g Diced Tomatoes~3g Yellow Corn~15g Fruit Selections	15 Hamburger/ Cheeseburger~30g Potato Wedges~40g Cucumber Slices~2g Fruit Selections	16 French Toast Sticks~56g Chicken Sausage~0g Yogurt~19g Breakfast Potatoes~15g Fruit Selections
Oatmeal Breakfast Bar~47g	Breakfast Bread~34g	Mini Cinni~40g	Muffin w/String Cheese~27g	Apple Frudel~36g
19 Chicken Alfredo~48g w/Garlic Breadstick~15g Green Peas~11g Fresh Baby Carrots~5g Fruit Selections	20 Breaded Chicken Sandwich~43g Potato Wedges~40g Sugar Snap Peas~5g Fruit Selections	21 Beef & Cheese Nachos~53g Lettuce/Tomato~3g Cheesy Refried Beans~29g Fruit Selections	22 Cheesy Breadsticks~68g Pizza Sauce~7g Fresh Baby Carrots~5g Fruit Selections	23 No School
Oatmeal Breakfast Bar~47g	Breakfast Bread~34g	Mini Cinni~40g	Muffin w/String Cheese~27g	
26 No School	27 No School	28 No School	29 No School	30 No School

### 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.

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

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