

# December 2022 Gluten Free Menu

# Middle School LUNCH MENU

### Meal Prices

Student Breakfast      Free  
Student Lunch            \$2.45

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 GF Cheeseburger~40g GF Fries~20g Fruit/Vegetable Selection	2 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Yogurt~22g Fruit/Vegetable Selection
5 GF Chicken Tenders~17g GF Fries~20g Fruit/Vegetable Selection	6 GF Deli Sub~40g w/Chips Fruit/Vegetable Selection	7 GF Popcorn Chicken Bowl: GF Chicken Nuggets~22g Mashed Potatoes w/Gravy~20g Yellow Corn~15g	8 GF Pasta w/Meat Sauce~35g GF Dinner Roll~17g Fruit/Vegetable Selection	9 GF Pizza~38g Fruit/Vegetable Selection
12 GF Corn Dog (x2)~40g Baked Beans~29g Fruit/Vegetable Selection	13 GF Pizza~38g Fruit/Vegetable Selection	14 GF Chicken Nuggets~22g GF Fries~20g Fruit/Vegetable Selection	15 GF Cheeseburger~40g GF Fries~20g Fruit/Vegetable Selection	16 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Yogurt~22g Fruit/Vegetable Selection
19 GF Chicken Tenders~17g GF Fries~20g Fruit/Vegetable Selection	20 GF Deli Sub~40g w/Chips Fruit/Vegetable Selection	21 GF Popcorn Chicken Bowl: GF Chicken Nuggets~22g Mashed Potatoes w/Gravy~20g Yellow Corn~15g	22 GF Pasta w/Meat Sauce~35g GF Dinner Roll~17g Fruit/Vegetable Selection	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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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