

# December 2022

# Mighty Oaks LUNCH MENU

**Meal Prices**  
Student Lunch \$2.35

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheeseburger~30g Potato Wedges~15g Chilled Peaches~8g	2 French Toast Sticks~28g Chicken Sausage Link~0g Yogurt~19g Breakfast Potatoes~8g Applesauce Cup~15g
5 Chicken Alfredo~25g w/Garlic Breadstick~15g Green Peas~6g Mandarin Oranges~7g	6 Popcorn Chicken~12g Sugar Snap Peas~3g Fresh Apple Slices~8g	7 Beef & Cheese Nachos~34g Lettuce/Tomato~3g Fresh Strawberries~4g	8 Cheesy Breadsticks~34g Pizza Sauce~7g Fresh Baby Carrots~5g Applesauce Cup~15g	9 Boneless Chicken Wings~15g Vegetarian Baked Beans~15g Chilled Pears~7g
12 Deli Sandwich~32g Fresh Baby Carrots~5g Fresh Apple Slices~8g	13 Mini Cheese Pizza Bagels~18g Fresh Broccoli~2g Chilled Pears~7g	14 Walking Taco~28g Diced Tomatoes~3g Yellow Corn~7g Banana~23g	15 Cheeseburger~30g Potato Wedges~15g Chilled Peaches~8g	16 French Toast Sticks~28g Chicken Sausage Link~0g Yogurt~19g Breakfast Potatoes~8g Applesauce Cup~15g
19 Chicken Alfredo~25g w/Garlic Breadstick~15g Green Peas~6g Mandarin Oranges~7g	20 Popcorn Chicken~12g Sugar Snap Peas~3g Fresh Apple Slices~8g	21 Beef & Cheese Nachos~34g Lettuce/Tomato~3g Fresh Strawberries~4g	22 Cheesy Breadsticks~34g Pizza Sauce~7g Fresh Baby Carrots~5g Applesauce Cup~15g	23 No School
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.

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

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