

**Glide High School
Menu
January 2026**

Everyday Breakfast Choices

Yogurt with Graham Crackers (Scooby Snacks)

**Students must choose 3 of 4 Breakfast Items
1 MUST BE FRUIT or Vegetable, A Minimum of a
½ cup**


Everyday Lunch Choices

Peanut or Sun Butter & Jelly Sandwich

**Lunch: Students must choose 3 of the 5 components &
1 Must be a ½ cup of Fruit or Vegetable**

Daily Offering Bar Features: fresh & canned fruits & vegetables daily and 1% white milk or fat free chocolate milk.
All grains offered are whole grain.

Breakfast and lunch are available at No Charge to Students

5	6	7	8	9
Breakfast: Blueberry Muffin with String Cheese or Strawberry Cream Cheese Bagel Lunch: Cheese/Hamburger w/ Tots, Chef Salad w/WG Roll, or Ham & Cheese Sub	Breakfast: Ham, Egg, & Cheese Breakfast Bagel or Bagel w/Cream Cheese Lunch: Bean and Cheese Burrito, Taco Salad w/WG Tortilla Chips, or Turkey & Cheese Sub	Breakfast: Ultimate Chocolate Chip Breakfast Round or Peachy Parfait Lunch: Teriyaki Chicken w/Brown Rice, Popcorn Chicken Wrap, or Chef Salad w/WG Roll	Breakfast: Apple Frudel or Breakfast Burrito Lunch: Turkey & Gravy w/Mashed Potatoes, Taco Salad, or Ham & Cheese Sub	No School on Friday
12	13	14	15	16
Breakfast: Banana Muffin w/String Cheese or Peachy Parfait Lunch: Crispy Chicken Sandwich w/tots, Chef Salad w/WG Roll, or Crispy Chicken Wrap	Breakfast: Bagel w/Cream Cheese or Ultimate Chocolate Chip Breakfast Round Lunch: Meatball Sub w/Tots, Chef Sald, or Turkey & Cheese Sub	Breakfast: Breakfast Burrito or Strawberry Citrus Smoothie w/Graham Crackers Lunch: Chicken Nuggets w/tots, Chef Salad w/WG Roll, or Chicken Wrap	Breakfast: Sausage, Egg, & Cheese Breakfast Bagel or Apple Frudel Lunch: Pizza Day! Pepperoni or Cheese Pizza, Chef Salad w/WG Roll, or Ham & Cheese Sub	No School on Friday
19	20	21	22	23
No School 	Breakfast: Pancake Bites or Bagel w/Cream Cheese Lunch: Cheese/Hamburger w/tots, Chef Salad w/WG Roll, or Ham & Cheese Sub	Breakfast: Ham, Egg, & Cheese Breakfast Bagel, or Peachy Overnight Oats Lunch: Chicken Quesadilla, Taco Salad w/WG Tortilla Chips, or Turkey & Cheese Sub	Breakfast: Apple Frudel or Strawberry Citrus Smoothie w/Graham Crackers Lunch: Sloppy Joes, Chef Salad w/WG Roll, or Italian Sub	No School on Friday
26	27	28	29	30
Breakfast: Bagel w/Cream Cheese or Ultimate Chocolate Chip Breakfast Round Lunch: Crispy Chicken Sandwich w/tots, Chef Salad w/WG Roll, or Crispy Chicken Wrap	Breakfast: Pancake Bites or Bagel w/Cream Cheese Lunch: Grande Beef Burrito, Taco Salad w/WG Tortilla Chips, or Turkey & Cheese Sub	Breakfast: Ham, Egg, & Cheese Breakfast Bagel, or Peachy Parfait Lunch: Macaroni and Cheese, Chicken Wrap, or Chef Salad w/WG Roll	Breakfast: Sausage, Egg, & Cheese Breakfast Sandwich or Food Court Orange Smoothie Lunch: Orange Chicken w/Brown Rice, Popcorn Chicken Wrap, or Chef Salad w/WG Roll	No School on Friday

Menu subject to change

**This institution is an equal
opportunity provider.**

