

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

**Menu subject to change**

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

