

Glide Middle -High School Menu December

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

30	1	2	3	4
Breakfast: WG Blueberry Muffin or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Fishpatrick's Tuna Sub	**Breakfast**: WG Bagel w/Cream Cheese or Hulk Smoothie w/WG Graham Crackers **Lunch**: Bean & Cheese Burrito – V or Chef Salad w/WG Roll	**Breakfast:** Apple Frudel or Breakfast Egg Roll **Lunch**: Yakisoba Noodles or Turkey and Cheese Sandwich	**Breakfast:** Ham, Egg, & Cheese Breakfast Sandwich or Creamy Yogurt w/WG Graham Crackers **Lunch:** Pepperoni or Cheese Pizza or Turkey, Bacon & Cheddar Wrap	**No School on Friday**
7	**8**	**9**	**10**	**11**
Breakfast: WG Bagel w/Cream Cheese or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Ham and Cheddar Sandwich	**Breakfast:** WG Pancakes w/Blueberries or Creamy Yogurt w/Graham Cracker **Lunch:** Grande Burrito or Turkey & Bacon Wrap	**Breakfast**: Apple Frudel or Peach Smoothie **Lunch**: Meatball Sub w/Tots or Chef Sald w/WG Roll	**Breakfast**: Sausage, Egg, & Cheese Breakfast Sandwich or Cherry Frudel **Lunch**: Nachos or Ham & Cheese Sub	**No School on Friday**
14	**15**	**16**	**17**	**18**
Breakfast: WG Blueberry Muffin or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Turkey and Cheddar Sub	**Breakfast:** Breakfast Burrito or Bagel w/Cream Cheese **Lunch:** Street Tacos or Taco Salad w/WG Tortilla Chips	**Breakfast**: Ham, Egg, & Cheese Breakfast Sandwich, or Peachy Parfait **Lunch**: Chicken Burger (regular or spicy)w/Fries or Ham & Cheese Sub	**Breakfast:** Sausage Pancake on a Stick or WG Bagel w/Cream Cheese **Lunch:** Holiday Bowl! Turkey, Gravy, Mashed Potatoes w/WG Roll or Chef Salad w/WG Roll	**No School on Friday**

Winter break
See you January 4!

Menu subject to change



This institution is an equal opportunity provider.