



Glide Middle School Menu October 2025

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

| | | 1 | 2 | 3 |
|---|--|----------------------------------|------------------------------|--|
| | | Breakfast: Cinnamon | Breakfast: Sausage, Egg, & | No School on Friday |
| | | Pancake Bites, or Bagel with | Cheese English Muffin, or | |
| | | Cream Cheese | Blueberry Muffin Square | |
| | | Clean Cheese | | |
| | | | W/String Cheese | |
| | | Lunch: Meatball Sub, or | | |
| | | Chicken Caesar: Salad or | Lunch: Crispy Chicken | |
| | | Wrap | Sandwich w/Tots, or Crispy | |
| | | | Chicken Ranch Wrap | |
| | | | Omenon ranen vrap | |
| 6 | 7 | 8 | 9 | 10 |
| Breakfast: Blueberry Muffin | Breakfast: Pancake on a | Breakfast: Wild Blueberry | Breakfast: Chocolate Chip | No School on Friday |
| w/String Cheese or Peachy | stick or Bagel w/Cream | Smoothie w/Graham | Breakfast Round or Breakfast | No ochool on i maay |
| | | i - | | |
| Parfait | Cheese | Crackers or Mini Maple | Banan Split | |
| | | Waffles | | |
| | Lunch: Beef Burrito Grande, | | | |
| with Tots, Chef Salad w/WG | Taco Salad w/WG Chips. or | Lunch: Chicken Penne Pasta | Lunch: Bagel Pizza, Chicken | |
| Roll, or Ham & Cheese Sub | Turkey & Cheese Sub | w/WG Texas Toast. Chef | Caesar Salad w/WG Roll or | |
| Sandwich | Sandwich | Salad w/WG Roll or Chicken | | |
| Saliuwicii | Saliuwicii | | Italiila Sub Saliuwicii | |
| 13 | 14 | Wrap | 17 | 15 |
| | | 15 | 16 | 17 |
| Breakfast: Ham, Egg. & | Breakfast: Blueberry | Breakfast: Breakfast Burrito | Parent Teacher | No School on Friday |
| Cheese on English Muffin or | | or Chocolate Chip Breakfast | Conferences | |
| Blueberry Muffin w/String | w/Graham Cracker or Bagel | Round | No School | |
| Cheese | w/Cream Cheese | | | |
| | | Half-Day for Students: | | |
| Lunch: Crispy Chicken | Lunch: Bean & Cheese | Lunch: Grab and Go | | |
| Sandwich w/Tots. Crispy | Burrito. Chef Salad w/WG | Lunch. Glab and Go | | |
| | | | | |
| | Roll, or Turkey & Cheese Sub | | | |
| or Crispy Chicken Wrap | Sandwich | | | |
| | | | | |
| 20 | 21 | 22 | 23 | 24 |
| Breakfast: Mini Maple | Breakfast: Pancake on a | Breakfast: Pancake Bites or | Breakfast: Breakfast Banana | No School on Friday |
| Waffles or Bagel w/Cream | Stick or Peachy Parfait | Wild Blueberry Smoothie | Split or | Jones on many |
| Wallies of Dayer Woledill | Click of Feacily Fallall | w/Graham Cracker | Chocolate Chip Breakfast | |
| Long also Donla Otac at T | Laurada Okasa a Masari | w/Granani Gracker | | |
| Lunch: Pork Street Tacos, | Lunch: Cheese/hamburger | l a | Round | |
| Taco Salad w/WG Chips, or | w/Tots, Chef Salad w/WG | Lunch: Sloppy Joe w/Tots, | Lunch: Bagel Pizza, Chicken | |
| Turkey & Cheese Sub | Roll, or Ham & Cheese Sub | Chef Salad w/WG Roll, or | Caesar Salad w/WG Roll, or | |
| Sandwich | Sandwich | Turkey & Cheese Wrap | Italian Sub Sandwich | |
| 27 | 28 | 29 | 30 | 31 |
| Breakfast: Ham, Egg, & | Breakfast: Apple Frudel or | Breakfast: Chocolate Chip | Breakfast: Hulk Smoothie or | No School on Friday |
| Cheese on English Muffin or | | Breakfast Round or Peachy | Pancake Bites | h. |
| Muffin w/String Cheese | Dieakiast Duilito | Parfait | i alleane Diles | % |
| wullin w/suring Cheese | | Pariait | . | An . |
| Laurate Orio Olivia | Lunch: Walking Nachos, | | Lunch: Crispy Corn dog | ************************************** |
| Lunch: Crispy Chicken | | Lunch: BBQ Pork Sandwich | w/Tots, Chef Salad w/WG | 600 |
| Conducion w/Tata Cala | Taco Salad w/WG Chips, or | Lunch . DDQ Pork Sandwich | | 0 |
| Lunch: Crispy Chicken Sandwich w/Tots, Crispy Chicken Salad w/WG Boll | Taco Salad w/WG Chips, or Turkey & Cheese Wrap | w/Tots, Chef Salad w/WG | Roll, or Ham & Cheese Sub | |
| Chicken Salad w/WG Roll, | | w/Tots, Chef Salad w/WG | Roll, or Ham & Cheese Sub | |
| Sandwich w/Tots, Crispy Chicken Salad w/WG Roll, or Crispy Chicken Wrap | | | Roll, or Ham & Cheese Sub | |

Menu subject to change



This institution is an equal opportunity provider.