



Glide Middle School Menu November 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

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3	4	5	6	7
Breakfast: Muffin with	Breakfast: Pancake Bites	Breakfast: Breakfast Egg	Breakfast: Apple Frudel	No School on Friday
String Cheese or Strawberry	w/String Cheese or Bagel	Roll or Ultimate Chocolate	w/String Cheese or Breakfast	
Citrus Smoothie w/Graham	w/Cream Cheese	Chip Breakfast Round	Burrito	
Crackers		w/String Cheese		
Lunch: Cheese/Hamburger	Lunch: Pozole w/WG Tortilla	Lunch: Orange Chicken	Lunch: Walking Nachos,	
w/ Tots, Chef Salad w/WG	Chips, Taco Salad w/WG	w/Brown Rice, Popcorn	Chef Salad w/WG Roll, or	
Roll, or Ham & Cheese Sub	Tortilla Chips or Turkey &	Chicken Salad w/WG Roll, or	Italian Sub	
	Cheese Sub	Popcorn Chicken Wrap	Italian Gub	
		i opoom omoken wrap		
10	11	12	13	14
Breakfast: Banana Muffin	No School	Breakfast: Ham, Egg, &	Breakfast: Mini Maple	No School on Friday
w/String Cheese or Peachy		Cheese Bagel or Wild	Waffles w/String Cheese or	_
Parfait	* * * * * * * * * * * * * * * *	Blueberry Smoothie	Bagel w/Cream Cheese	
		w/Graham Crackers		
Lunch: Crispy Chicken				
Sandwich, Crispy Chicken	thank you	Lunch: BBQ Pork Sandwich	Lunch: Pepperoni or Cheese	
Salad w/WG Roll, or Crispy	VETERANS	w/Baked Beans, Chef Salad	Pizza Bagel, Chef Salad	
Chicken Wrap		w/WG Roll, or Turkey &	w/WG Roll, or Ham & Cheese	
·		Cheese Sub	Sub	
17	18	19	20	21
Breakfast: Breakfast Burrito		Breakfast: Sausage, Egg, &	Breakfast: Mini Maple	No School on Friday
or Ultimate Chocolate Chip	w/String Cheese, or Bagel	Cheese Bagel or Apple	Waffles w/String Cheese or	
Breakfast Round w/String	w/Cream Cheese	Frudel w/String Cheese	Breakfast Banana Split	
Cheese				
	Lunch: Grande Beef Burrito,	Lunch: Chicken Penne	Lunch: Texas Chili w/Corn	
Lunch: Cheese/Hamburger	Taco Salad w/WG Tortilla	Pasta, Chicken Salad w/WG	Muffin, Chef Salad w/WG	
w/Tots, Chef Sald w/WG	Chips, or Turkey & Cheese	Roll, or Chicken Wrap	Roll, or Local Tuna Sub	
Roll, or Ham & Cheese Sub	Sub		Sandwich	
24	25	26	27	28
Breakfast: Wild Blueberry	Breakfast: Peachy Parfait or			No School on Friday
Smoothie or Blueberry	Pancake Bites w/String	250	# 0222 : See	_
Muffin w/String Cheese	Cheese	a Ma	20242	
_		TO M	rra -	
Lunch: Crispy Chicken	Lunch: Turkey Gravy	Inank	sgiving)	
		2.20 000	10 800 Bran	
Sandwich, Crispy Chicken	w/Mashed Potatoes, Chef			
			M F.	
Sandwich, Crispy Chicken Salad w/WG Roll, or Crispy Chicken Wrap	Wildiashed Potatoes, Cher Salad w/WG Roll, or Turkey & Cheese Sub			

Menu subject to change



This institution is an equal opportunity provider.