



**Glide High
School
Menu
December**

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	4	7
Breakfast: Blueberry Muffin with String Cheese or Food Court Orange Smoothie w/Graham Crackers 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: Orange Chicken w/Brown Rice, Popcorn Chicken Wrap, or Chicken Salad w/WG Roll	Breakfast: Apple Frudel or Breakfast Burrito Lunch: Sloppy Joes, Chef Salad w/WG Roll, or Italian Sub	No School on Friday
8	9	10	11	12
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, Chicken 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
15	16	17	18	19
Breakfast: Bagel w/Cream Cheese or Ultimate Chocolate Chip Breakfast Round Lunch: Cheese/Hamburger w/tots, Chef Sald w/WG Roll, or Ham & Cheese Sub	Breakfast: Pancake Bites or Bagel w/Cream Cheese Lunch: Street Tacos, Taco Salad w/WG Tortilla Chips, or Turkey & Cheese Sub	Breakfast: Ham, Egg, & Cheese Breakfast Bagel, or Peacy Parfait Lunch: Chicken Penne Pasta, Chicken Wrap, or Chef Salad w/WG Roll	Breakfast: Cinnamon Chex Cereal or Strawberry Citrus Smoothie w/Graham Crackers Lunch: Texas Chilli w/Corn Muffin, Taco Salad, or Ham & Cheese Sub	No School on Friday

**Winter break
See you January 5!**

Menu subject to change



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