



**Glide Middle  
School  
Menu  
2026**

<p style="text-align: center;"><b>Everyday Breakfast Choices</b></p> <p style="text-align: center;">Yogurt with Graham Crackers (Scooby Snacks)</p> <p style="text-align: center;"><b>Students must choose 3 of 4 Breakfast Items 1 MUST BE FRUIT or Vegetable, A Minimum of a ½ cup</b></p>	<p style="text-align: center;"><b>Everyday Lunch Choices</b></p> <p style="text-align: center;">Peanut or Sun Butter &amp; Jelly Sandwich</p> <p style="text-align: center;"><b>Lunch: Students must choose 3 of the 5 components &amp; 1 Must be a ½ cup of Fruit or Vegetable</b></p>
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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**

<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast:</b> Ultimate Breakfast Cookie or Strawberry Parfait  <b>Lunch:</b> Cheese/Hamburger w/ Fries, Chef Salad w/WG Roll, or Ham & Cheese Sandwich	<b>Breakfast:</b> Breakfast Burrito or Bagel w/Cream Cheese  <b>Lunch:</b> Bean and Cheese Burrito, Taco Salad w/WG Tortilla Chips, or American Sub Sandwich	<b>Breakfast:</b> Ham, Egg, & Cheese Breakfast Sandwich or Apple Frudel  <b>Lunch:</b> Sloppy Joe's w/Fries, Chef Salad w/WG Roll, or Turkey & Cheese Wrap	<b>Breakfast:</b> Blueberry Muffin w/String Cheese, or Food Court Citrus Smoothie w/Graham Crackers  <b>Lunch:</b> Pizza Day! Cheese or Pepperoni Pizza, or Turkey & Cheese Sandwich	<b>No School on Friday</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast:</b> Ultimate Breakfast Cookie or Peachy Parfait  <b>Lunch:</b> Cheese/Hamburger w/Fries, Chef Salad, or Ham & Cheese Sandwich	<b>Breakfast:</b> Sausage Pancake on a Stick or Bagel w/Cream Cheese  <b>Lunch:</b> Fiesta Chicken & Brown Rice Burrito or American Sub Sandwich	<b>Breakfast:</b> Sausage, Egg, & Cheese Breakfast Sandwich or Apple Frudel  <b>Lunch:</b> Meatball Sub w/tots, Chef Salad, or Turkey & Cheese Wrap	<b>Breakfast:</b> Blueberry Muffin or Strawberry Citrus Smoothie  <b>Lunch:</b> Chicken Tenders w/Fries or Turkey & Cheese Sandwich	<b>No School on Friday</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast:</b> Ultimate Breakfast Cookie or Breakfast Banana Split  <b>Lunch:</b> Cheese/Hamburger w/Fries, Chef Sald w/WG Roll, or Ham & Cheese Sandwich	<b>Breakfast:</b> Breakfast Burrito or Bagel w/Cream Cheese  <b>Lunch:</b> Grande Beef Burrito, Taco Salad w/WG Tortilla Chips, or American Sub Sandwich	<b>Breakfast:</b> Ham, Egg, & Cheese Breakfast Bagel, or Apple Frudel  <b>Lunch:</b> Orange Chicken w/Brown Rice, Chef Salad w/WG Roll, or Turkey & Cheese Wrap	<b>Breakfast:</b> Blueberry Muffin w/String Cheese or Strawberry Citrus Smoothie w/Graham Crackers  <b>Lunch:</b> Pizza Day! Cheese or Pepperoni Pizza, or Turkey & Cheese Sandwich	<b>No School on Friday</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>



<b>30</b> <b>Breakfast:</b> Ultimate Breakfast Cookie or Strawberry Parfait  <b>Lunch:</b> Cheese/Hamburger w/ Fries, Chef Salad w/WG Roll, or Ham & Cheese Sandwich	<b>31</b> <b>Breakfast:</b> Breakfast Burrito or Bagel w/Cream Cheese  <b>Lunch:</b> Frito Pie or American Sub Sandwich
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**Menu subject to change**

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