



**Glide High
School
Menu
2026**

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

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



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

This institution is an equal opportunity provider.