



**Glide
Elementary
School
Menu**

**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: Apple Frudel w/String Cheese or Yogurt w/Graham Crackers Lunch: Cheese/Hamburger w/ HB Patty or Chef Salad w/WG Roll	Breakfast: Bagel w/Cream Cheese or Blueberry Smoothie w/Graham Cracker Lunch: Bean and Cheese Burrito, or Turkey & Cheese Sub	Breakfast: Chocolate Chip Breakfast Round or Peachy Parfait Lunch: Orange Chicken w/Brown Rice or Popcorn Chicken Salad w/WG Roll	Breakfast: Pancake Bites or Cinnamon Chex Cereal Lunch: Sloppy Joes or Ham & Cheese Sub	No School on Friday
8	9	10	11	12
Breakfast: Apple Cinnamon Muffin or Food Court Orange Smoothie w/Graham Crackers Lunch: Crispy Chicken Sandwich w/HB Patty or Chef Salad w/WG Roll	Breakfast: Strawberry Cream Cheese Stuffed Bagel or Peachy Parfait Lunch: Meatball Sub w/Tots or Turkey & Cheese Sub	Breakfast: Breakfast Burrito or Yogurt w/Graham Cracker Lunch: Chicken Nuggets w/HB Patty or Chef Salad w/WG Roll	Breakfast: Bagel w/Cream Cheese or Apple Frudel Lunch: Pizza Day! Pepperoni or Cheese Piza, 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/HB Patty or Chef Sald w/WG Roll	Breakfast: Yogurt w/Graham Cracker, or Apple Frudel Lunch: Walking Nachos or Turkey & Cheese Sub	Breakfast: Blueberry Muffin or Strawberry Citrus Smoothie w/Graham Crackers Lunch: Chicken Penne Pasta or Chef Salad w/WG Roll	Breakfast: Pancake Bites or Cinnamon Chex Cereal Lunch: Cheesy Breadsticks w/Tangy Red Sauce 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.**