



Glide High School Menu October 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

		1	2	3
		Breakfast: Cinnamon Pancake Bites, or Bagel with Cream Cheese Lunch: Meatball Sub, or Chicken Caesar: Salad or Wrap	Breakfast: Sausage, Egg, & Cheese English Muffin, or Blueberry Muffin Square W/String Cheese Lunch: Crispy Chicken Sandwich w/Tots, or Crispy Chicken Ranch Wrap	No School on Friday
6	7	8	9	10
Breakfast: Blueberry Muffin w/String Cheese or Peachy Parfait Lunch: Cheese/hamburger with Tots, Chef Salad w/WG Roll, or Ham & Cheese Sub Sandwich	Breakfast: Pancake on a stick or Bagel w/Cream Cheese Lunch: Beef Burrito Grande, Taco Salad w/WG Chips, or Turkey & Cheese Sub Sandwich	Breakfast: Wild Blueberry Smoothie w/Graham Crackers or Mini Maple Waffles Lunch: Chicken Penne Pasta w/WG Texas Toast, Chef Salad w/WG Roll or Chicken Wrap	Breakfast: Chocolate Chip Breakfast Round or Breakfast Banan Split Lunch: Bagel Pizza, Chicken Caesar Salad w/WG Roll or Italiana Sub Sandwich	No School on Friday
13	14	15	16	17
Breakfast: Ham, Egg, & Cheese on English Muffin or Blueberry Muffin w/String Cheese Lunch: Crispy Chicken Sandwich w/Tots, Crispy Chicken Salad w/WG Roll, or Crispy Chicken Wrap	Breakfast: Blueberry Sunshine Smoothie w/Graham Cracker or Bagel w/Cream Cheese Lunch: Bean & Cheese Burrito, Chef Salad w/WG Roll, or Turkey & Cheese Sub Sandwich	Breakfast: Breakfast Burrito or Chocolate Chip Breakfast Round Half-Day for Students: Lunch: Grab and Go	Parent Teacher Conferences No School	No School on Friday
20	21	22	23	24
Breakfast: Mini Maple Waffles or Bagel w/Cream Lunch: Pork Street Tacos, Taco Salad w/WG Chips, or Turkey & Cheese Sub Sandwich	Breakfast: Pancake on a Stick or Peachy Parfait Lunch: Cheese/hamburger w/Tots, Chef Salad w/WG Roll, or Ham & Cheese Sub Sandwich	Breakfast: Pancake Bites or Wild Blueberry Smoothie w/Graham Cracker Lunch: Sloppy Joe w/Tots, Chef Salad w/WG Roll, or Turkey & Cheese Wrap	Breakfast: Breakfast Banana Split or Chocolate Chip Breakfast Round Lunch: Bagel Pizza, Chicken Caesar Salad w/WG Roll, or Italian Sub Sandwich	No School on Friday
27	28	29	30	31
Breakfast: Ham, Egg, & Cheese on English Muffin or Muffin w/String Cheese Lunch: Crispy Chicken Sandwich w/Tots, Crispy Chicken Salad w/WG Roll, or Crispy Chicken Wrap	Breakfast: Apple Frudel or Breakfast Burrito Lunch: Walking Nachos, Taco Salad w/WG Chips, or Turkey & Cheese Wrap	Breakfast: Chocolate Chip Breakfast Round or Peachy Parfait Lunch: BBQ Pork Sandwich w/Tots, Chef Salad w/WG Roll, or Italian Sub Sandwich	Breakfast: Hulk Smoothie or Pancake Bites Lunch: Crispy Corn dog w/Tots, Chef Salad w/WG Roll, or Ham & Cheese Sub Sandwich Yogurt Dirt Cup Dessert	No School on Friday 

Menu subject to change



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