



**Glide High School
Menu
November 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

3	4	5	6	7
Breakfast: Muffin with String Cheese or Strawberry Citrus Smoothie w/Graham Crackers Lunch: Cheese/Hamburger w/ Tots, Chef Salad w/WG Roll, or Ham & Cheese Sub	Breakfast: Pancake Bites w/String Cheese or Bagel w/Cream Cheese Lunch: Pozole w/WG Tortilla Chips, Taco Salad w/WG Tortilla Chips, or Turkey & Cheese Sub	Breakfast: Breakfast Egg Roll or Ultimate Chocolate Chip Breakfast Round w/String Cheese Lunch: Orange Chicken w/Brown Rice, Popcorn Chicken Salad w/WG Roll, or Popcorn Chicken Wrap	Breakfast: Apple Frudel w/String Cheese or Breakfast Burrito Lunch: Walking Nachos, Chef Salad w/WG Roll, or Italian Sub	No School on Friday
10	11	12	13	14
Breakfast: Banana Muffin w/String Cheese or Peachy Parfait Lunch: Crispy Chicken Sandwich, Crispy Chicken Salad w/WG Roll, or Crispy Chicken Wrap	No School 	Breakfast: Ham, Egg, & Cheese Bagel or Wild Blueberry Smoothie w/Graham Crackers Lunch: BBQ Pork Sandwich w/Baked Beans, Chef Salad w/WG Roll, or Turkey & Cheese Sub	Breakfast: Mini Maple Waffles w/String Cheese or Bagel w/Cream Cheese Lunch: Pepperoni or Cheese Pizza Bagel, Chef Salad w/WG Roll, or Ham & Cheese Sub	No School on Friday
17	18	19	20	21
Breakfast: Breakfast Burrito or Ultimate Chocolate Chip Breakfast Round w/String Cheese Lunch: Cheese/Hamburger w/Tots, Chef Sald w/WG Roll, or Ham & Cheese Sub	Breakfast: Pancake Bites w/String Cheese, or Bagel w/Cream Cheese Lunch: Grande Beef Burrito, Taco Salad w/WG Tortilla Chips, or Turkey & Cheese Sub	Breakfast: Sausage, Egg, & Cheese Bagel or Apple Frudel w/String Cheese Lunch: Chicken Penne Pasta, Chicken Salad w/WG Roll, or Chicken Wrap	Breakfast: Mini Maple Waffles w/String Cheese or Breakfast Banana Split Lunch: Texas Chili w/Corn Muffin, Chef Salad w/WG Roll, or Local Tuna Sub Sandwich	No School on Friday
24	25	26	27	28
Breakfast: Wild Blueberry Smoothie or Blueberry Muffin w/String Cheese Lunch: Crispy Chicken Sandwich, Crispy Chicken Salad w/WG Roll, or Crispy Chicken Wrap	Breakfast: Peachy Parfait or Pancake Bites w/String Cheese Lunch: Turkey Gravy w/Mashed Potatoes, Chef Salad w/WG Roll, or Turkey & Cheese Sub			No School on Friday

Menu subject to change



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