

Glide Middle-High School
Menu
November 2026

Breakfast

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

2	3	4	5	6
Breakfast: WG Blueberry Muffin or Ultimate WG Chocolate Chip Breakfast Round **Lunch**: Cheese/Hamburger with Fries or American Sub	**Breakfast:** WG Bagel w/Cream Cheese or Pineapple Banana Smoothie w/WG Graham Cracker **Lunch:** Bean & Cheese Burrito or Turkey & Cheese Sub	**Breakfast:** WG French Toast w/Blueberries or Creamy Yogurt w/WG Graham Cracker **Lunch:** BBQ Chicken Sandwich w/Fries or Chef Salad w/WG Roll	**Breakfast:** Sausage Pancake on a Stick or Peach Smoothie w/WG Graham Cracker **Lunch:** Teriyaki Chicken w/Brown Rice or Ham and Cheese Sub	**N o School on Friday**
9	**10**	**11**	**12**	**13**
Breakfast: WG Bagel w/Cream Cheese or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Ham and Cheddar Sandwich	**Breakfast:** WG Blueberry Muffin or PNW Pear Smoothie w/WG Graham Cracker **Lunch:** Soft Taco or Taco Salad w/WG Tortilla Chips	**No School** 	**Breakfast**: Ham, Egg, & Cheese Bagel or Creamy Yogurt w/WG Graham Crackers **Lunch**: Pepperoni or Cheese Pizza or Turkey, Bacon, & Cheddar Wrap	**No School on Friday**
16	**17**	**18**	**19**	**20**
Breakfast: WG Blueberry Muffin or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Fishpatrick's Tuna Sub	**Breakfast:** WG Pancakes w/Blueberries or Creamy Yogurt w/Graham Cracker **Lunch**: Corn Dog w/Fries or Turkey and Cheddar Sandwich	**Breakfast**: Apple Frudel or WG Bagel w/Cream Cheese **Lunch:** Meatball Sub w/Fries or Chef Salad w/WG Roll	**Breakfast**: WG Pancakes & Sausage or Food Court Smoothie w/WG Graham Crackers **Lunch:** Chicken Quesadilla or Ham and Cheese Sub	**No School on Friday**
23	**24**	**25**	**26**	**27**
Breakfast: WG Blueberry Muffin or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Ham and Cheddar Sandwich	**Breakfast**: WG Bagel w/Cream Cheese or Wild Blueberry Smoothie w/WG Graham Crackers **Lunch:** Thanksgiving Nuggets w/Fries or Chef Salad w/WG Roll			**No School on Friday**
30	**DECEMBER 1**	**2**	**3**	**4**
Breakfast: WG Blueberry Muffin or Ultimate WG Chocolate Chip Breakfast Round **Lunch:** Cheese/Hamburger with Fries or Fishpatrick's Tuna Sub	**Breakfast**: WG Bagel w/Cream Cheese or Hulk Smoothie w/WG Graham Crackers **Lunch**: Bean & Cheese Burrito – V or Chef Salad w/WG Roll	**Breakfast:** Apple Frudel or Breakfast Egg Roll **Lunch**: Yakisoba Noodles or Turkey and Cheese Sandwich	**Breakfast:** Ham, Egg, & Cheese Breakfast Sandwich or Creamy Yogurt w/WG Graham Crackers **Lunch:** Pepperoni or Cheese Pizza or Turkey, Bacon & Cheddar Wrap	**No School on Friday**

Menu subject to change

This institution is an equal opportunity provider.