



September 2025 Golden Mules HS Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 Cowboy Quesadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	3 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes & Gravy Corn Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	4 Meatball Sub on WG Roll Onion Rings Broccoli Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	5 Pizza Crunchers w/ Marinara Tossed Salad Cookie Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry
8 French Toast Sticks Hash Brown Sausage Patty Celery w/ Peanut Butter Deli - Bolonga & Cheese Salad - Buffalo Chicken	9 Nacho Grande Lettuce, Cheese & Salsa Refried Beans Corn Deli - Bolonga & Cheese Salad - Buffalo Chicken	10 Tangerine Chicken Brown Rice Oriental Blend Vegetables Fortune Cookie Deli - Bolonga & Cheese Salad - Buffalo Chicken	11 Cheese Steak Sub Beef or Chicken w/ Peppers & Onions French Fries Deli - Bolonga & Cheese Salad - Buffalo Chicken	12 Chicken Tenders WG Dinner Roll Au Gratin Potatoes California Blend Vegetables Deli - Bolonga & Cheese Salad - Buffalo Chicken
15 Wings WG Roll Tator Tots Glazed Carrots Deli - Turkey & Cheese Salad - Southwest	16 Beef Burrito w/ Cheddar Cheese Refried Beans & Black Beans Corn Deli - Turkey & Cheese Salad - Southwest	17 Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Breadstick Deli - Turkey & Cheese Salad - Southwest	18 Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Deli - Turkey & Cheese Salad - Southwest	19 BBQ Chicken or Cheese Pizza Tossed Salad Cookie Deli - Turkey & Cheese Salad - Southwest
22 Pancakes w/ Syrup Hash Brown Sausage Patty Celery w/ Peanut Butter Deli - Spicy Chicken Salad - Crispy Chicken BLT	23 Pulled BBQ Pork Mac & Cheese Bowl Corn Bread Broccoli Deli - Spicy Chicken Salad - Crispy Chicken BLT	24 Bacon Cheese Burger on WG Roll Baked Beans Baby Baked Potatoes Deli - Spicy Chicken Salad - Crispy Chicken BLT	25 Homemade Grilled Cheese on WG Bread Creamy Tomato Soup w/ Saltines Deli - Spicy Chicken Salad - Crispy Chicken BLT	26 Pepperoni Pizza Sticks Tossed Salad Cookie Deli - Spicy Chicken Salad - Crispy Chicken BLT
29 Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter Deli - Italian Salad - Chicken Caesar	30 Chicken & Cheese Quesadilla w/ Salsa & Sour Cream Fiesta Rice Corn Deli - Italian Salad - Chicken Caesar			

Available Every Day:
PB&J Uncrustables
Chicken Sandwiches OR Burgers
Garden and Chef Salads

****LUNCH****
Fresh Carrot & Apple Packs
Served Every Day
A Variety of Fresh, Canned
and/or Frozen Fruit,
Fresh Vegetables and
Lettuce, Tomato & Pickles
Served Every Day
Choice of Milk
100% Fruit Juice

Menu subject to change without notice
Student Breakfast FREE Adult Breakfast \$2.94
Student Lunch \$2.50 Adult Lunch \$4.85
Milk & Juice \$0.50
"This institution is an equal opportunity provider"

