

September 2025 Middle Mules Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 1 Smoothies w/ Graham Crackers | 2 Breakfast Bread w/ Hard Cooked Egg | 3 Yogurt & Fruit Parfait | 4 Mini Cinnis | 5 Egg & Cheese on English Muffin |
| NO SCHOOL | Breaded Chicken Filet Sandwich Glazed Carrots Curly Fries Ham & Cheese on Pretzel | Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples Ham & Cheese on Pretzel | General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Ham & Cheese on Pretzel | Beef Fiestada Mexican Fiesta Rice Buttered Corn Churro Ham & Cheese on Pretzel |
| 8 Smoothies w/ Graham Crackers | 9 Breakfast Bread w/ Hard Cooked Egg | 10 Yogurt & Fruit Parfait | 11 Strawberry & Cheese Mini Bagel | 12 Egg & Cheese Stuffed Hashbrown |
| Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Turkey & Cheese | Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Turkey & Cheese | Traveling Tacos w/ Meat, Cheese & Salsa Fiesta Black Beans Churro Turkey & Cheese | Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Turkey & Cheese | Stromboli w/ Marinara Sauce Steamed Broccoli Tator Tots Turkey & Cheese |
| 15 Smoothies w/ Graham Crackers | 16 Breakfast Bread w/ Hard Cooked Egg | 17 Yogurt & Fruit Parfait | 18 Donut Holes | 19 Sausage, Egg & Cheese Burrito |
| Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Italian Sub | Peperoni or Cheese Pizza Garden Salad Whole Grain Cookie Italian Sub | Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Italian Sub | Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter or Dip Italian Sub | Grilled Chicken Chunks w/ Teriyaki Sauce Noodle Bowl California Blend Vegetables Italian Sub |
| 22 Smoothies w/ Graham Crackers | 23 Breakfast Bread w/ Hard Cooked Egg | 24 Yogurt & Fruit Parfait | 25 Cherry or Apple Fruitals | 26 Egg & Cheese on Maple Pancake |
| Crunchy Fish Sandwich w/ Tartar Sauce Hush Puppies Seasoned Green Beans Sweet Bologna & Cheese | Cheesesteak Quesadilla Texas Ranchero Beans Onion Rings Fresh Veggies & Dip Sweet Bologna & Cheese | Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Sweet Bologna & Cheese | Meatballs & Pasta w/ Marinara Sauce Garlic Bread Buttered Peas Sweet Bologna & Cheese | Grilled Chicken Sandwich on WG Roll Baby Baked Potatoes Buttered Broccoli Sweet Bologna & Cheese |
| 29 Smoothies w/ Graham Crackers | 30 Breakfast Bread w/ Hard Cooked Egg | Yogurt & Fruit Parfait | Apple Cinnamon Texas Toast | Sausage & Cheese on Maple Waffle |
| Corn Dog Nuggets Mixed Vegetables Baked Beans Potato Wedges Solanco Sub | Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Solanco Sub | | | |

****BREAKFAST****
Assorted Cereal
Gluten Free Options Available

ZeeZees Breakfast Bars
Nut, Dairy, Egg & Sesame Free

Assorted Fruit
100% Fruit Juice
Assorted Milk
Served Every Day

****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



Everyday Alternates:

| <u>Yo To Go</u> | <u>Peanut Butter & Jelly</u> | <u>Deli Sandwich</u> |
|--|--|---|
| 4 oz. Yogurt Cup Cheese Stick Super Slice Flavored Bread Dried Fruit Pack | PB&J Uncrustable Cheese Stick Snack Crackers Dried Fruit Pack | Weekly Deli Selection Carrot Pack w/ Dip Snack Crackers Dried Fruit Pack |

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"

