



October 2025 Golden Mules HS Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Deli - Italian Salad - Chicken Caesar	2 Hot Ham & Cheese on Pretzel Roll French Fries Mixed Vegetables Deli - Italian Salad - Chicken Caesar	3 BBQ Chicken or Cheese Pizza Tossed Salad Whole Grain Cookie Deli - Italian Salad - Chicken Caesar
6 Wings WG Roll Tator Tots Glazed Carrots Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	7 Cowboy Quesadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	8 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes & Gravy Corn Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	9 Meatball Sub on WG Roll Onion Rings Broccoli Deli - Chicken, Bacon & Ranch Salad - Spinach & Strawberry	10 NO SCHOOL
13 NO SCHOOL	14 Nacho Grande Lettuce, Cheese & Salsa Refried Beans Corn Deli - Bologna & Cheese Salad - Buffalo Chicken	15 Tangerine Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Deli - Bologna & Cheese Salad - Buffalo Chicken	16 Cheese Steak Sub Beef or Chicken w/ Peppers & Onions French Fries Deli - Bologna & Cheese Salad - Buffalo Chicken	17 Pepperoni Pizza Sticks Tossed Salad Whole Grain Cookie Deli - Bologna & Cheese Salad - Buffalo Chicken
20 Pulled BBQ Pork Mac & Cheese Bowl Corn Bread Glazed Carrots Deli - Turkey & Cheese Salad - Southwest	21 Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Deli - Turkey & Cheese Salad - Southwest	22 Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Deli - Turkey & Cheese Salad - Southwest	23 Bacon Cheeseburger on WG Bun Baby Baked Potatoes Baked Beans Deli - Turkey & Cheese Salad - Southwest	24 Chicken Tenders WG Roll Curly Fries Seasoned Green Beans Deli - Turkey & Cheese Salad - Southwest
27 Pancakes w/ Syrup Hash Brown Sausage Patty Celery w/ Peanut Butter or Dip Deli - Spicy Chicken Salad - Crispy Chicken BLT	28 Beef Burrito w/ Cheddar Cheese Refried Beans & Black Beans Corn Deli - Spicy Chicken Salad - Crispy Chicken BLT	29 Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Deli - Spicy Chicken Salad - Crispy Chicken BLT	30 Homemade Grilled Cheese on Whole Grain Bread Creamy Tomato Soup w/Saltines Deli - Spicy Chicken Salad - Crispy Chicken BLT	31 Buffalo Chicken or Cheese Pizza Tossed Salad Whole Grain Cookie Deli - Spicy Chicken Salad - Crispy Chicken BLT

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"

