

October 2025 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt & Fruit Parfait	2 Mini Cinnis	3 Egg & Cheese on English Muffin
		Cheeseburger on WG Bun Baby Baked Potatoes Glazed Carrots Solanco Sub	French Toast Sticks w/ Syrup Sausage Patty Hash Brown Celery w/ Peanut Butter or Dip Solanco Sub	BBQ Chicken or Cheese Pizza Tossed Salad Whole Grain Cookie Solanco Sub
6 Smoothies w/ Graham Crackers	7 Breakfast Bread w/ Hard Cooked Egg	8 Yogurt & Fruit Parfait	9 Strawberry & Cheese Mini Bagel	10 Egg & Cheese Stuffed Hashbrown
Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Ham & Cheese on Pretzel	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	Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Ham & Cheese on Pretzel	NO SCHOOL
13 Smoothies w/ Graham Crackers	14 Breakfast Bread w/ Hard Cooked Egg	15 Yogurt & Fruit Parfait	16 Donut Holes	17 Sausage, Egg & Cheese Burrito
NO SCHOOL	Chicken Alfredo w/ Pasta Steamed Broccoli Garlic Bread Italian Ice Turkey & Cheese	Traveling Tacos w/ Meat, Cheese & Salsa Fiesta Black Beans Churro Turkey & Cheese	General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Turkey & Cheese	Hot Dog on WG Roll Macaroni & Cheese Buttered Peas Ice Cream Treat Turkey & Cheese
20 Smoothies w/ Graham Crackers	21 Breakfast Bread w/ Hard Cooked Egg	22 Yogurt & Fruit Parfait	23 Cherry or Apple Frudels	24 Egg & Cheese on Maple Pancake
Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Italian Sub	Peperoni or Cheese Pizza Garden Salad Whole Grain Cookie Italian Sub	Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables 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
27 Smoothies w/ Graham Crackers	28 Breakfast Bread w/ Hard Cooked Egg	29 Yogurt & Fruit Parfait	30 Apple Cinnamon Texas Toast	31 Sausage & Cheese on Maple Waffle
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	Stromboli w/ Marinara Sauce Broccoli & Tator Tots Grave Yard Pudding Sweet Bologna & Cheese

Everyday Alternates:

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



****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



October 13th - 17th
National School Lunch Week

Taste the World
Grab Your Passport and
join us for School Lunch
Receive a Coupon Every Day

1 Coupons = Snack

2 Coupons = Ice Cream

