

# November 2025 Middle Mules Menu



| MONDAY                                                                                                                                                   | TUESDAY                                                                                                                                                    | WEDNESDAY                                                                                                                               | THURSDAY                                                                                                                                            | FRIDAY                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                          |                                                                                                                                                            |                                                                                                                                         |                                                                                                                                                     |                                                                                                                                              |
| 3 Smoothies w/<br>Graham Crackers<br>Corn Dog Nuggets<br>Mixed Vegetables<br>Baked Beans<br>Potato Wedges<br>Solanco Sub                                 | 4 Breakfast Bread w/<br>Hard Cooked Egg<br>Chicken & Cheese Quesadilla<br>with/ Salsa & Sour Cream<br>Fiesta Rice<br>Corn<br>Solanco Sub                   | 5 Yogurt & Fruit<br>Parfait<br>Cheeseburger<br>on WG Bun<br>Baby Baked Potatoes<br>Glazed Carrots<br>Solanco Sub                        | 6 Strawberry & Cheese<br>Mini Bagel<br>French Toast Sticks w/ Syrup<br>Sausage Patty<br>Hash Brown<br>Celery w/ Peanut Butter or Dip<br>Solanco Sub | 7 Egg & Cheese Stuffed<br>Hashbrown<br><br><br><b>NO SCHOOL</b>                                                                              |
| 10 Smoothies w/<br>Graham Crackers<br>Grilled Cheese<br>on Whole Grain Bread<br>Tomato Soup with Crackers<br>Steamed Broccoli<br>Ham & Cheese on Pretzel | 11 Breakfast Bread w/<br>Hard Cooked Egg<br>Breaded Chicken Filet<br>Sandwich<br>Glazed Carrots<br>Curly Fries<br>Ham & Cheese on Pretzel                  | 12 Yogurt & Fruit<br>Parfait<br>Pizza Crunchers<br>w/ Marinara Sauce<br>Garden Salad<br>Warm Cinnamon Apples<br>Ham & Cheese on Pretzel | 13 Donut Holes<br>General Tso Chicken<br>Fried Rice<br>Steamed Broccoli<br>Fortune Cookie<br>Ham & Cheese on Pretzel                                | 14 Sausage, Egg & Cheese<br>Burrito<br>Beef Fiestada<br>Mexican Fiesta Rice<br>Buttered Corn<br>Churro<br>Ham & Cheese on Pretzel            |
| 17 Smoothies w/<br>Graham Crackers<br>Hot Dog<br>on Whole Grain Roll<br>Macaroni & Cheese<br>Buttered Peas<br>Turkey & Cheese                            | 18 Breakfast Bread w/<br>Hard Cooked Egg<br>Chicken Tenders<br>w/ Whole Grain Roll<br>Au Gratin Potatoes<br>California Blend Vegetables<br>Turkey & Cheese | 19 Yogurt & Fruit<br>Parfait<br>Traveling Tacos w/<br>Meat, Cheese & Salsa<br>Fiesta Black Beans<br>Churro<br>Turkey & Cheese           | 20 Cherry or Apple<br>Fruitals<br>Holiday Meal<br>Roast Turkey w/ Stuffing<br>Mashed Potatoes & Gravy<br>Buttered Corn<br>Apple Crisp               | 21 Egg & Cheese on<br>Maple Pancake<br>Grilled Chicken Sandwich<br>on WG Roll<br>Baby Baked Potatoes<br>Buttered Broccoli<br>Turkey & Cheese |
| 24 Smoothies w/<br>Graham Crackers<br>Cheese or Western Omelet<br>Cornbread<br>Hash Brown<br>Celery w/ Peanut Butter or Dip<br>Italian Sub               | 25 Breakfast Bread w/<br>Hard Cooked Egg<br>Grilled Chicken Chunks<br>w/ Teriyaki Sauce<br>Noodle Bowl<br>California Blend Vegetables<br>Italian Sub       | 26 Yogurt & Fruit<br>Parfait<br>Peperoni or Cheese Pizza<br>Garden Salad<br>Whole Grain Cookie<br>Italian Sub                           | 27 Apple Cinnamon<br>Texas Toast<br>Happy Thanksgiving<br>     | 28 Sausage & Cheese on<br>Maple Waffle<br><br><br><b>NO SCHOOL</b>                                                                           |

**\*\*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 &amp; Jelly</u>                                       | <u>Deli Sandwich</u>                                                              |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 4 oz. Yogurt Cup<br>Cheese Stick<br>Super Slice Flavored Bread<br>Dried Fruit Pack | PB&J Uncrustable<br>Cheese Stick<br>Snack Crackers<br>Dried Fruit Pack | Weekly Deli Selection<br>Carrot Pack w/ Dip<br>Snack Crackers<br>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"*

