

# January 2026 Golden Mules HS Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO SCHOOL	2 NO SCHOOL
5 Pulled BBQ Pork Sandwich Baby Bakers Baked Beans Deli - Turkey & Cheese Salad - Antipasto	6 Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Deli - Turkey & Cheese Salad - Antipasto	7 Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Deli - Turkey & Cheese Salad - Antipasto	8 Bacon Cheeseburger on WG Bun Baby Baked Potatoes Baked Beans Deli - Turkey & Cheese Salad - Antipasto	9 Chicken Tenders WG Roll Curly Fries Seasoned Green Beans Deli - Turkey & Cheese Salad - Antipasto
12 Pancakes w/ Syrup Hash Brown Sausage Patty Celery w/ Peanut Butter or Dip Deli - Spicy Chicken Salad - Crispy Chicken BLT	13 Beef Burrito w/ Cheddar Cheese Refried Beans & Black Beans Corn Deli - Spicy Chicken Salad - Crispy Chicken BLT	14 Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Deli - Spicy Chicken Salad - Crispy Chicken BLT	15 Homemade Grilled Cheese on Whole Grain Bread Creamy Tomato Soup w/Saltines Deli - Spicy Chicken Salad - Crispy Chicken BLT	16 Buffalo Chicken or Cheese Pizza Tossed Salad Whole Grain Cookie Deli - Spicy Chicken Salad - Crispy Chicken BLT
19 NO SCHOOL	20 French Toast Sticks w/ Syrup Sausage Patty Hash Brown Celery w/ Peanut Butter or Dip Deli - Italian Salad - Greek	21 General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Deli - Italian Salad - Greek	22 BBQ Chicken or Cheese Pizza Tossed Salad Whole Grain Cookie Deli - Italian Salad - Greek	23 NO SCHOOL
26 Wings WG Roll Tator Tots Glazed Carrots Deli - Chicken, Bacon & Ranch Salad - Mandarin Orange	27 Cowboy Quesadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Deli - Chicken, Bacon & Ranch Salad - Mandarin Orange	28 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes & Gravy Corn Deli - Chicken, Bacon & Ranch Salad - Mandarin Orange	29 Meatball Sub on WG Roll Onion Rings Broccoli Deli - Chicken, Bacon & Ranch Salad - Mandarin Orange	30 Chicken Tenders WG Roll Au Gratin Potatoes California Blend Vegetables Deli - Chicken, Bacon & Ranch Salad - Mandarin Orange

## 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"

