




January 2026 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mini Cinnis	2 Egg & Cheese on English Muffin
			NO SCHOOL	NO SCHOOL
5 Smoothies w/ Graham Crackers Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Italian Sub	6 Breakfast Bread w/ Hard Cooked Egg Peperoni or Cheese Pizza Garden Salad Whole Grain Cookie Italian Sub	7 Yogurt & Fruit Parfait Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Italian Sub	8 Strawberry & Cheese Mini Bagel Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter or Dip Italian Sub	9 Egg & Cheese Stuffed Hashbrown Grilled Chicken Chunks w/ Teriyaki Sauce Noodle Bowl California Blend Vegetables Italian Sub
12 Smoothies w/ Graham Crackers Crunchy Fish Sandwich w/ Tartar Sauce Hush Puppies Seasoned Green Beans Sweet Bologna & Cheese	13 Breakfast Bread w/ Hard Cooked Egg Cheesesteak Quesadilla Texas Ranchero Beans Onion Rings Fresh Veggies & Dip Sweet Bologna & Cheese	14 Yogurt & Fruit Parfait Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Sweet Bologna & Cheese	15 Donut Holes Meatballs & Pasta w/ Marinara Sauce Garlic Bread Buttered Peas Sweet Bologna & Cheese	16 Sausage, Egg & Cheese Burrito Grilled Chicken Sandwich on WG Roll Baby Baked Potatoes Buttered Broccoli Sweet Bologna & Cheese
19 Smoothies w/ Graham Crackers	20 Breakfast Bread w/ Hard Cooked Egg COOK'S CHOICE	21 Yogurt & Fruit Parfait COOK'S CHOICE	22 Cherry or Apple Frudels COOK'S CHOICE	23 Egg & Cheese on Maple Pancake
NO SCHOOL				NO SCHOOL
26 Smoothies w/ Graham Crackers Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Ham & Cheese on Pretzel	27 Breakfast Bread w/ Hard Cooked Egg Breaded Chicken Filet Sandwich Glazed Carrots Curly Fries Chocolate Cupcake Ham & Cheese on Pretzel	28 Yogurt & Fruit Parfait Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples Ham & Cheese on Pretzel	29 Apple Cinnamon Texas Toast General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Ham & Cheese on Pretzel	30 Sausage & Cheese on Maple Waffle Beef Fiestada Mexican Fiesta Rice Buttered Corn Churro Ham & Cheese on Pretzel

National Chocolate Cake Day

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

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



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"

