

March 2026 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage, Egg & Cheese Stuffed Sandwich Corn Dog Nuggets Mixed Vegetables Baked Beans Potato Wedges Solanco Sub	3 Iced Cinnamon Roll Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Solanco Sub	4 Egg & Cheese Croissant Cheeseburger on WG Bun Baby Baked Potatoes Glazed Carrots Solanco Sub	5 Donut Dunkin' Sticks French Toast Sticks w/ Syrup Sausage Patty Hash Brown Celery w/ Peanut Butter or Dip Solanco Sub	6 Egg, Sausage & Cheese Bagel BBQ Chicken or Cheese Pizza Tossed Salad Whole Grain Cookie Solanco Sub
9 Smoothies w/ Graham Crackers Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Ham & Cheese on Pretzel	10 Breakfast Bread w/ Hard Cooked Egg Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Ham & Cheese on Pretzel	11 Yogurt & Fruit Parfait Traveling Tacos w/ Meat, Cheese & Salsa Fiesta Black Beans Churro Ham & Cheese on Pretzel	12 Strawberry & Cheese Mini Bagel Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Ham & Cheese on Pretzel	13 Egg & Cheese Stuffed Hashbrown Stromboli w/ Marinara Sauce Steamed Broccoli Tator Tots Ham & Cheese on Pretzel
16 Smoothies w/ Graham Crackers Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Turkey & Cheese	17 Breakfast Bread w/ Hard Cooked Egg Peperoni or Cheese Pizza Garden Salad Whole Grain Cookie Turkey & Cheese	18 Yogurt & Fruit Parfait Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Turkey & Cheese	19 Donut Holes Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter or Dip Turkey & Cheese	20 Sausage, Egg & Cheese Burrito Grilled Chicken Chunks w/ Teriyaki Sauce Noodle Bowl California Blend Vegetables Turkey & Cheese
23 Smoothies w/ Graham Crackers Cheesesteak Quesadilla Texas Ranchero Beans Onion Rings Fresh Veggies & Dip Italian Sub	24 Breakfast Bread w/ Hard Cooked Egg Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Italian Sub	25 Yogurt & Fruit Parfait Meatballs & Pasta w/ Marinara Sauce Garlic Bread Buttered Peas Italian Sub	26 Cherry or Apple Frudels Grilled Chicken Sandwich on WG Roll Baby Baked Potatoes Buttered Broccoli Italian Sub	27 Egg & Cheese on Maple Pancake Crunchy Fish Sandwich w/ Tartar Sauce Hush Puppies Seasoned Green Beans Italian Sub
30 Smoothies w/ Graham Crackers Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Bologna & Cheese	31 Breakfast Bread w/ Hard Cooked Egg Breaded Chicken Filet Sandwich Glazed Carrots Curly Fries Bologna & Cheese			

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



National School Breakfast Week

March 2nd - 6th
School Breakfast Helps Get You
Moooooving!

Try New Breakfast Items
Swift MS vs. Smith MS
Highest Breakfast Participation
for the Week Wins a
Free Ice Cream Day!
Breakfast is FREE to all
Students Everyday!

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"