

# March 2026 Middle Mules Menu



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

Everyday Alternates:

Yo To Go	Peanut Butter & Jelly	Deli Sandwich
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

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



## 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!