

May 2026 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoothies w/ Graham Crackers	Breakfast Bread w/ Hard Cooked Egg	Yogurt & Fruit Parfait	Mini Cinnis	Egg & Cheese on English Muffin
			May 1st is National School Lunch Hero Day! Please take the time to say THANK YOU!	Peperoni or Cheese Pizza Garden Salad Whole Grain Cookie *School Lunch Hero Day* Solanco Sub
Smoothies w/ Graham Crackers	Breakfast Bread w/ Hard Cooked Egg	Yogurt & Fruit Parfait	Strawberry & Cream Cheese Mini Bagel	Egg & Cheese Stuffed Hashbrown
Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli	Breaded Chicken Filet Sandwich Glazed Carrots Curly Fries	Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples	Cheeseburger on WG Bun Baby Baked Potatoes Glazed Carrots	Stromboli w/ Marinara Sauce Steamed Broccoli Tator Tots
Ham & Cheese on Pretzel	Ham & Cheese on Pretzel	Ham & Cheese on Pretzel	Ham & Cheese on Pretzel	Ham & Cheese on Pretzel
Smoothies w/ Graham Crackers	Breakfast Bread w/ Hard Cooked Egg	Yogurt & Fruit Parfait	Donut Holes	Sausage, Egg & Cheese Burrito
Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables	Traveling Tacos w/ Meat, Cheese & Salsa Fiesta Black Beans Churro	Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables	French Toast Sticks w/ Syrup Sausage Patty Hash Brown Celery w/ Peanut Butter or Dip	Grilled Chicken Chunks w/ Teriyaki Sauce Noodle Bowl California Blend Vegetables
Turkey & Cheese	Turkey & Cheese	Turkey & Cheese	Turkey & Cheese	Turkey & Cheese
Smoothies w/ Graham Crackers	Breakfast Bread w/ Hard Cooked Egg	Yogurt & Fruit Parfait	Cherry or Apple Frudels	Egg & Cheese on Maple Pancake
Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie	Peperoni or Cheese Pizza Garden Salad Whole Grain Cookie	Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread	Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter or Dip	Beef Fiestada Mexican Fiesta Rice Buttered Corn Churro
Italian Sub	Italian Sub	Italian Sub	Italian Sub	Italian Sub
Smoothies w/ Graham Crackers	Breakfast Bread w/ Hard Cooked Egg	Yogurt & Fruit Parfait	Apple Cinnamon Texas Toast	Sausage & Cheese on Maple Waffle
NO SCHOOL	Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Bologna & Cheese	Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Bologna & Cheese	General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Bologna & Cheese	Crunchy Fish Sandwich w/ Tartar Sauce Hush Puppies Seasoned Green Beans Bologna & Cheese

****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

**Breakfast is FREE
 Every Day for
 for Every Student**

Everyday Alternates:

<u>Yo To Go</u>	<u>Peanut Butter & Jelly</u>	<u>Deli Sandwich</u>
4 oz. Yogurt Cup	PB&J Uncrustable	Weeekly Deli Selection
Cheese Stick	Cheese Stick	Carrot Pack w/ Dip
Super Slice Flavored Bread	Snack Crackers	Snack Crackers
Dried Fruit Pack	Dried Fruit Pack	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"

