

2026 August Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Smoothies w/ Super Slice Bread	4 Breakfast Pizza	5 Yogurt & Fruit Parfait	6 Mini Cinnis or Cinnamon Roll	7 Egg & Cheese on English Muffin
10 Smoothies w/ Super Slice Bread	11 Egg, Cheese & Sausage Bagel	12 Yogurt & Fruit Parfait	13 Strawberry & Cheese Mini Bagel	14 Egg & Cheese Stuffed Hashbrown
17 Smoothies w/ Super Slice Bread	18 Egg & Cheese Croissant	19 Yogurt & Fruit Parfait	20 Assorted Donut Holes	21 Egg, Cheese & Salsa Burrito
24 Smoothies w/ Super Slice Bread	25 Breaded Chicken on a Biscuit	26 Yogurt & Fruit Parfait	27 Cherry or Apple Frudels	28 Egg & Cheese on Maple Pancake
	Grilled Chicken Bites w/ Choice of Dipping Sauce Baby Baked Potatoes Broccoli w/ Cheese Sauce	Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples	General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie	Beef Fiestada Pocket Mexican Fiesta Rice Buttered Corn Churro
	Ham & Cheese on Pretzel	Ham & Cheese on Pretzel	Ham & Cheese on Pretzel	Ham & Cheese on Pretzel
31 Smoothies w/ Super Slice Bread				
Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Turkey & 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	Weekly 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 \$3.04

Student Lunch \$2.50 Adult Lunch \$5.01

Milk & Juice \$0.50

"This institution is an equal opportunity provider"

