

September 2026 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Pizza Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Turkey & Cheese	2 Yogurt & Fruit Parfait Loaded Nachos w/ Taco Meat Cheese Sauce & Salsa Fiesta Black Beans Churro Turkey & Cheese	3 Mini Cinnis or Cinnamon Roll Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Buttered Peas Turkey & Cheese	4 Egg & Cheese on English Muffin NO SCHOOL
7 Smoothies w/ Super Slice Bread NO SCHOOL	8 Egg, Cheese & Sausage Bagel Pepperoni or Cheese Pizza Garden Salad w/ Choice of Dressing Whole Grain Cookie Italian Sub	9 Yogurt & Fruit Parfait Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Italian Sub	10 Strawberry & Cheese Mini Bagel Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter or Dip Italian Sub	11 Egg & Cheese Stuffed Hashbrown Grilled Chicken Chunks w/ Teriyaki Sauce Noodle Bowl California Blend Vegetables Italian Sub
14 Smoothies w/ Super Slice Bread Corn Dog Nuggets Macaroni & Cheese Baked Beans California Blend Vegetables Bologna & Cheese	15 Egg & Cheese Croissant Meatball Sub w/Cheese on WG Roll Cheese Fries Buttered Peas Bologna & Cheese	16 Yogurt & Fruit Parfait Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Bologna & Cheese	17 Assorted Donut Holes Cheesesteak Quesadilla Texas Ranchero Beans Onion Rings Fresh Veggies & Dip Bologna & Cheese	18 Egg, Cheese & Salsa Burrito Breaded Chicken Filet Sandwich Curly Fries Glazed Carrots Bologna & Cheese
21 Smoothies w/ Super Slice Bread Crunchy Fish Sandwich w/ Tartar Sauce Hush Puppies Seasoned Green Beans Solanco Sub	22 Breaded Chicken on a Biscuit Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Solanco Sub	23 Yogurt & Fruit Parfait Cheeseburger on WG Bun Baby Baked Potatoes Glazed Carrots Solanco Sub	24 Cherry or Apple Frudels French Toast Sticks w/ Syrup Sausage Patty Hash Brown Celery w/ Peanut Butter or Dip Solanco Sub	25 Egg & Cheese on Maple Pancake Pepperoni or Cheese Pizza Tossed Salad w/ Choice of Dressing Whole Grain Cookie Solanco Sub
28 Smoothies w/ Super Slice Bread Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Ham & Cheese on Pretzel	29 Sausage & Cheese on Maple Waffle Grilled Chicken Bites w/ Choice of Dipping Sauce Baby Baked Potatoes Broccoli w/ Cheese Sauce Ham & Cheese on Pretzel	30 Yogurt & Fruit Parfait Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples Ham & Cheese on Pretzel		

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 \$3.04

Student Lunch \$2.50 Adult Lunch \$5.01

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

Breakfast is FREE
Every Day for
for Every Student

