

October 2026 Golden Mules HS Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Ravioli w/ Marinara Garlic Bread Seasoned Green Beans Pudding Deli - Italian & Chicken Salad Salad - Strawberry or Greek	2 Mules Homemade Pizza Tossed Salad Whole Grain Cookie Deli - Italian & Chicken Salad Salad - Strawberry or Greek
5 Wings WG Roll Tator Tots Glazed Carrots Deli - Buffalo Chicken & Ham Salad - Crispy Chicken BLT	6 Cheesesteak Quesadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Deli - Buffalo Chicken & Ham Salad - Crispy Chicken BLT	7 Grilled Chicken Bowl w/ Mashed Potatoes, Cheese & Bacon Buttered Corn Deli - Buffalo Chicken & Ham Salad - Crispy Chicken BLT	8 Sloopy Joe on WG Roll Cheese Fries Broccoli Deli - Buffalo Chicken & Ham Salad - Crispy Chicken BLT	9 Chicken Tenders WG Roll Au Gratin Potatoes California Blend Vegetables Deli - Buffalo Chicken & Ham Salad - Crispy Chicken BLT
12 NO SCHOOL	13 Taco Bowl Lettuce, Cheese & Salsa Refried Beans Corn Deli - Turkey Club Salad - Buffalo Chicken	14 Tangerine Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Deli - Turkey Club Salad - Buffalo Chicken	15 Homemade Grilled Cheese on Whole Grain Bread Creamy Tomato Soup w/Saltines Deli - Turkey Club Salad - Buffalo Chicken	16 Pepperoni Pizza Sticks Tossed Salad Whole Grain Cookie Deli - Turkey Club Salad - Buffalo Chicken
19 Mac & Cheese w/ Stewed Tomatoes Corn Bread Buttered Broccoli Deli - Chicken, Bacon & Ranch Salad - Southwest	20 Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Deli - Chicken, Bacon & Ranch Salad - Southwest	21 Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Deli - Chicken, Bacon & Ranch Salad - Southwest	22 Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples Deli - Chicken, Bacon & Ranch Salad - Southwest	23 Chicken Tenders WG Roll Curly Fries Seasoned Green Beans Deli - Chicken, Bacon & Ranch Salad - Southwest
26 Pancakes w/ Syrup Hash Brown Sausage Patty Celery w/ Peanut Butter or Dip Deli - Chicken Caesar Wrap Salad - Chicken Caesar	27 Beef Burrito w/ Cheddar Cheese Refried Beans & Black Beans Corn Deli - Chicken Caesar Wrap Salad - Chicken Caesar	28 Baked Ziti Garlic Bread Seasoned Green Beans Pudding Deli - Chicken Caesar Wrap Salad - Chicken Caesar	29 Meatball Sub on WG Roll w/ Cheese Cheese Fries Glazed Carrots Deli - Chicken Caesar Wrap Salad - Chicken Caesar	30 Mules Homemade Pizza Tossed Salad Whole Grain Cookie Deli - Chicken Caesar Wrap Salad - Chicken Caesar

Available Every Day:
PB&J Uncrustables
Chicken Sandwiches OR Burgers
Garden, Chef & Specialty Salads
Deli Sandwiches

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"



****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
100% Fruit Juice

Breakfast is FREE
Every Day for
for Every Student

