

October 2026 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoothies w/ Graham Crackers	Breakfast Pizza	Yogurt & Fruit Parfait	1 Mini Cinnis or Cinnamon Roll	2 Egg & Cheese on English Muffin
			General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Ham & Cheese on Pretzel	Beef Fiestada Pocket Mexican Fiesta Rice Buttered Corn Churro Ham & Cheese on Pretzel
5 Smoothies w/ Super Slice Bread	6 Egg, Cheese & Sausage Bagel	7 Yogurt & Fruit Parfait	8 Strawberry & Cheese Mini Bagel	9 Egg & Cheese Stuffed Hashbrown
Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Turkey & Cheese	Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Turkey & Cheese	Loaded Nachos w/ Taco Meat Cheese Sauce & Salsa Fiesta Black Beans Churro Turkey & Cheese	Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Buttered Peas Turkey & Cheese	Stromboli w/ Marinara Sauce Steamed Broccoli Tator Tots Turkey & Cheese
Smoothies w/ Graham Crackers	Egg & Cheese Croissant	Yogurt & Fruit Parfait	Donut Holes	Egg, Cheese & Salsa Burrito
12 Smoothies w/ Super Slice Bread	13 Egg & Cheese Croissant	14 Yogurt & Fruit Parfait	15 Donut Holes	16 Egg, Cheese & Salsa Burrito
NO SCHOOL	Fiesta Scramble Bowl (Eggs, Queso & Peppers) Served over Tator Tots Corn Bread Celery w/ Peanut Butter or Dip Italian Sub	Pizza Burger (Sauce & Mozzarella) on WG Roll Cheese Fries Seasoned Green Beans Italian Sub	Pancakes w/ Syrup Hash Brown Bacon Celery w/ Peanut Butter or Dip Italian Sub	Baked Ziti (Pasta, Marinara & Cheese) Garlic Bread Buttered Broccoli Brownie Italian Sub
Corn Dog Nuggets Macaroni & Cheese Baked Beans California Blend Vegetables Bologna & Cheese	Meatball Sub w/Cheese on WG Roll Cheese Fries Buttered Peas Bologna & Cheese	Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Bologna & Cheese	Cheesesteak Quesadilla Texas Ranchero Beans Onion Rings Fresh Veggies & Dip Bologna & Cheese	Breaded Chicken Filet Sandwich Curly Fries Glazed Carrots Bologna & Cheese
26 Glazed Pumpkin Donut Holes	27 Sausage & Cheese on Maple Waffle	28 Yogurt & Fruit Parfait	29 Assorted Donuts	30 Breakfast Pizza
Crunchy Fish Sandwich w/ Tartar Sauce Hush Puppies & Green Beans Pumpkin Shaped Pretzel Solanco Sub	Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Solanco Sub	Cheeseburger on WG Bun Baby Baked Potatoes Glazed Carrots Solanco Sub	French Toast Sticks w/ Syrup Sausage Patty Hash Brown Celery w/ Peanut Butter or Dip Solanco Sub	Pizza Crunchers w/ Marinara Sauce Garden Salad Graveyard Pudding Solanco Sub
National Pumpkin Day				

****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 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 \$3.04
Student Lunch \$2.50 Adult Lunch \$5.01
Milk & Juice \$0.50
"This institution is an equal opportunity provider"



**National School Lunch Week
October 12-16
Cafeteria Circus
"The Greatest Lunch on Earth"**
New Menu Items & Snack Coupons