

November 2026 Middle Mules Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smoothies w/ Super Slice Bread Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Ham & Cheese on Pretzel	3 Breakfast Pizza Grilled Chicken Bites w/ Choice of Dipping Sauce Baby Baked Potatoes Broccoli w/ Cheese Sauce Ham & Cheese on Pretzel	4 Yogurt & Fruit Parfait Pizza Crunchers w/ Marinara Sauce Garden Salad Warm Cinnamon Apples Ham & Cheese on Pretzel	5 Mini Cinnis or Cinnamon Roll General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Ham & Cheese on Pretzel	6 Egg & Cheese on English Muffin NO SCHOOL
9 Smoothies w/ Super Slice Bread Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Turkey & Cheese	10 Egg, Cheese & Sausage Bagel Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Turkey & Cheese	11 Yogurt & Fruit Parfait Loaded Nachos w/ Taco Meat Cheese Sauce & Salsa Fiesta Black Beans Churro Turkey & Cheese	12 Strawberry & Cheese Mini Bagel Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Buttered Peas Turkey & Cheese	13 Egg & Cheese Stuffed Hashbrown Stromboli w/ Marinara Sauce Steamed Broccoli Tator Tots Turkey & Cheese
16 Smoothies w/ Super Slice Bread Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Italian Sub	17 Egg & Cheese Croissant Thanksgiving Meal Roast Turkey & Stuffing Mashed Potatoes w/ Gravy Buttered Corn WG Roll Apple Crisp	18 ** National Apple Cider Day** Apple Cider Donuts Cheesesteak Quesadilla Texas Ranchero Beans Onion Rings Fresh Veggies & Dip Apple Cider	19 Donut Holes Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter or Dip Italian Sub	20 Egg, Cheese & Salsa Burrito Grilled Chicken Chunks w/ Teriyaki Sauce Noodle Bowl California Blend Vegetables Italian Sub
23 Smoothies w/ Super Slice Bread Corn Dog Nuggets Macaroni & Cheese Baked Beans California Blend Vegetables Bologna & Cheese	24 Breaded Chicken on a Biscuit Meatball Sub w/Cheese on WG Roll Cheese Fries Buttered Peas Bologna & Cheese	25 Yogurt & Fruit Parfait Beef Fiestada Pocket Mexican Fiesta Rice Buttered Corn Churro Bologna & Cheese	26 Cherry or Apple Frudels NO SCHOOL	27 Egg & Cheese on Maple Pancake NO SCHOOL
30 Smoothies w/ Super Slice Bread				
NO SCHOOL				

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"



****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

