

Glenpool Middle School & Glenpool High School Menu



WARRIOR CAFE'



MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

6 B - Yogurt & Cereal Bar
L - Cheese Enchilada
Spanish Rice, Salsa
Pears

7 B - Scrambled Eggs & Hash Browns
L - Chicken Nuggets
Mashed Potatoes & Gravy, Peas, Pears
Hot Roll

8 B - Sausage Roll
L - Mac-n-Cheese
Little Smokies
Warrior Blend Veggies
Hot Roll
Mixed Fruit

9 B - Yogurt & Uber
L - Chicken Patty
Mashed Potatoes & Gravy, Fresh Hot Roll,
Green Beans, Banana

10 B - Mini Pancakes w/Chicken Rings
L - In A Blanket
Roasted Potatoes
Baked Beans, Sorbet

13
NO SCHOOL

14 B - Scrambled Eggs & Hash Browns
L - Chicken Strips
Mashed Potatoes & Gravy, Carrots
Pears, Hot Roll

15B - Breakfast Combo
L - Mandarin Chicken
Brown Rice
VeggieEgg Roll
Peaches

16 B - Pancake on a Stick
TURKEY SUPREME
Mashed Potatoes & Gravy
Fresh Hot Roll Green Beans
Sunshine Cake

17 B - Waffles, Bacon
L - Rotoni Bake
Steamed Broccoli
Hot Roll, Spiced Pears
Rice Krispy Treat

20 B - Biscuit & Gravy
L - Frito Chili Pie
Hot Buttered Corn
Savory Salsa
Pineapples

21 B - Sausage, Egg & Cheese Biscuit
L - Chicken Mashed
Potato Bowl
Applesauce



NO SCHOOL

NO SCHOOL

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27 B - Blueberry Muffin
L - Nacho Supreme
Refried Beans
Salsa
Mixed Fruit

28 B - Sausage Biscuit
L - Breaded Steak
Mashed Potatoes & Gravy, Pinto Beans
Pears, Hot Roll

29 B - Cheese Omelet
L - Chicken Alfredo
with Broccoli
Cinnamon Applesauce
Hot Roll

30 B - Apple Friedul
L - Chicken Nuggets
Mashed Potatoes & Gravy, Green Beans
Peaches, Hot Roll

DURING BREAKFAST:

VARIOUS CEREALS BISCUIT or TOAST
FRESH FRUIT & 100% FRUIT JUICE
LOW FAT & FAT FREE MILK

ADDITIONAL REIMBURSABLE*

LUNCH ENTREES:

MONDAYS
Pepperoni Pizza, Corn Dog
TUESDAYS
Sub Sandwich, Hot Dog
WEDNESDAYS
Cheese Pizza, Corn Dog
THURSDAYS
Sub Sandwich, Hot Dog
FRIDAYS
Popcorn Chicken, Italian Dunkers
DAILY
Gourmet Salads, Cheeseburger

This institution is an equal opportunity provider.
Menu is subject to change.

