

Glenpool Middle School and High School Menu

OCTOBER ~ WARRIOR CAFE

MONDAY



7 B-Breakfast Pizza
L - Cheese Enchilada
Savory Salsa
Spanish Rice
Orange Slices

TUESDAY

1 B-Breakfast Combo & Biscuit
L - Breaded Beef Steak
Mashed Potatoes & Gravy, Hot Roll
Protein Powered Pintos
Amazing Applesauce

8 B-Pancake on a Stick
L - Chicken Nuggets
Mashed Potatoes & Gravy, Hot Roll
Powerful Peas
Brainy Banana

WEDNESDAY

2 B-Mini Breakfast Bites
L - Lasagna Roll
Happy Greens Salad
Breadstick
Sweet Peaches

9 B-Scrambled Eggs
L - BBQ Pork Riblet
WG Bun
French Fries
Happy Green Salad
Sweet Peaches

THURSDAY

3 B-Biscuit & Gravy
L - Popcorn Chicken
Mashed Potatoes & Gravy, Hot Roll
Green Beans
Mixed Fruit

10 B-Muffin w/Yogurt
L - Steak Fingers
Mashed Potatoes & Gravy, Hot Roll
Hot Buttered Corn
Farm Fresh Watermelon

FRIDAY

4 B-Oatmeal w/ Cinnamon Toast
L - Nacho Bites
Hot Buttered Corn
Crisp Carrots w/ Ranch
Frozen Fruit
Wacky Bread

11 B-French Toast & Bacon
L - Italian Dunkers
Marinara Sauce
Romaine Salad
Mixed Fruit

ADDITIONALLY OFFERED DURING BREAKFAST:

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

DURING LUNCH: DAILY

Gourmet Salads
Cheeseburgers/Hamburgers
Signature Sandwich

Mondays - Sausage Pizza, Corn Dog
Tuesdays - Sub Sandwich, Hot Dog
Wednesdays - Cheese Pizza, Corn Dog
Thursdays - Sub Sandwich, Hot Dog
Fridays - Pepperoni Pizza, Burrito

National School Lunch Celebration

14 B-Blueberry Mini Muffins
L - Nacho Supreme
Spanish Rice
Savory Salsa
Sweet Strawberries

15 B-Sausage Biscuit
L - Chicken Tenders
Mashed Potatoes & Gravy, Hot Roll
Glazed Carrots
Apple Slices

16 NO SCHOOL



17 NO SCHOOL

Fall Break

18 NO SCHOOL

21 B-Sausage Gravy & Biscuit
L - Chicken Fajita
Refried Beans
Savory Salsa
Delicious Apple Crisp

22 B-Scrambled Eggs w/Ham, Biscuit
L - Popcorn Chicken
Mashed Potatoes & Gravy, Hot Roll
Green Beans, Pears

23 B-WG Powdered Sugar Donuts
L - Chicken Alfredo
Roasted Broccoli
Romaine Salad
Sweet Pineapples

24 B-Strawberry Mini-Bagels
L - Breaded Beef Steak
Mashed Potatoes & Gravy, Hot Roll
Pinto Beans
Mixed Fruit

25 B-Egg & Cheese Biscuit
L - French Toast
Scrambled Eggs
Hash Brown
Sweet Peaches

28 B-Cheese Stick Cereal Bar
L - Rotini Bake
Garlic Bread Stick
Happy Greens Salad
Green Beans
Spiced Pears

29 B-Honey Butter Chicken Biscuit
L - Steak Fingers
Mashed Potatoes & Gravy, Hot Roll
Ranch Beans
Mixed Fruit

30 B-Cinnamon Donut
L - Meatball Sub
French Fries
Pinto Beans
Sweet Grapes

31 B-Breakfast Pizza
L - Chicken Nuggets
Mashed Potatoes & Gravy
Hot Roll, Peas
Mixed Fruit



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