

October 2024

Glenwood Middle School



Monday

Tuesday

Wednesday

Thursday

Friday

Lunch News

Cereal, Crackers
Milk, Fruit & Juice

7

Hamburger on a Bun
French Fries
Salad Bar
Strawberries
Frozen Sidekick
Milk

Cereal, Crackers
Milk, Fruit & Juice

14

Pizza
Green Beans
Salad Bar
Orange Wedges
Jonny Pop
Milk

Cereal, Crackers
Milk, Fruit & Juice

21

Chicken Patty on a Bun
Tator Tots
Salad Bar
Orange Wedges
Frozen Sidekick
Milk

Cereal, Crackers
Milk, Fruit & Juice

28

Cheeseburger on a Bun
French Fries
Salad Bar
Chilled Pears
Jonny Pop
Milk

Mini Donuts
Milk, Fruit & Juice

1

Chicken Patty on a Bun
Honey Glazed Carrots
Salad Bar
Apple Slices
Fresh Baked Cookie
Milk

Cowboy Bread
Milk, Fruit & Juice

8

Soft Shell Taco
Lettuce, Cheese & Salsa
Refried Beans
Salad Bar, Applesauce
Fruit Muffin
Milk

Mini Donut Holes
Milk, Fruit & Juice

15

Cheese Omelet
French Toast & Syrup
Hashbrown
Cherry Star Juice
Salad Bar, Strawberries
Milk

Mini Donuts
Milk, Fruit & Juice

22

Pizza Crunchers
Marinara Sauce
Green Beans, Salad Bar
Applesauce
Fresh Baked Cookie
Milk

Cowboy Bread
Milk, Fruit & Juice

29

Walking Taco
Lettuce, Cheese & Salsa
Fiesta Beans, Salad Bar
Applesauce
Apple Cinn. Muffin
Milk

Breakfast Pizza
Milk, Fruit & Juice

2

Macaroni & Cheese
Steamed Peas
Salad Bar
Red Grapes
Bread & Butter
Milk

Sausage Gravy, Biscuit
Milk & Juice

9

Mini Corn Dogs
Green Beans
Salad Bar
Banana
Goldfish Crackers
Milk

Pancake on a Stick
Fruit, Milk & Juice

16

Pork Fritter on a Bun
Steamed Corn
Salad Bar
Watermelon
Grandmas Cookie
Milk

French Toast & Syrup
Milk, Fruit & Juice

23

Crispito & Cheese Sauce
Steamed Corn
Salad Bar
Apple
Sherbet Cup
Milk

Breakfast Sandwich
Milk, Fruit & Juice

30

Chicken Tenders
Mashed Potatoes & Gravy
Salad Bar
Strawberries
Dinner Roll & Butter
Milk

Long John
Milk, Fruit & Juice

3

Mandarin Chicken/Rice
Steamed Broccoli Normandy
Chilled Pineapple
Roll & Butter
Fortune Cookie
Milk

Cinnamon Roll
Milk, Fruit & Juice

10

Chicken Tenders
Mashed Potatoes & Gravy
Salad Bar
Mandarin Oranges
Bread & Butter
Milk

Long John
Milk, Fruit & Juice

17

Super Nachos
Steamed Peas
Salad Bar
Red Grapes
Breadstick
Milk

Cereal & Crackers
Milk, Fruit & Juice

24

Chili & Crackers
French Fries
Salad Bar
Chilled Peaches
Cinnamon Rolls
Milk

Long John
Milk, Fruit & Juice

31

BBQ Rib on a Bun
Baked Beans
Salad Bar
Red Grapes
Harvest Bar
Milk

Cereal, Crackers
Milk, Fruit & Juice

4

**HOMECOMING
NO LUNCH**

Cereal, Crackers
Milk, Fruit & Juice

11

Breaded Cheese Sticks
Marinara Sauce
Steamed Corn, Salad Bar
Chilled Pears
Fresh Baked Cookie
Milk

Cereal, Crackers
Milk, Fruit & Juice

18

Hot Dog on a Bun
Baked Beans, Salad Bar
Broccoli Salad
Chilled Peaches
Raisels
Milk

NO SCHOOL

25

Did you know?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.

Meal prices for 2024-2025
Breakfast - \$2.10
PK - 5th Grade Lunch - \$3.20
6th - 12th Grade Lunch - \$3.30
Adult Breakfast - \$2.50
Adult Lunch - \$4.85
Extra Milk - \$.50

EZSchoolpay

You may monitor your child's meal account and receive payment reminders via email on EZSchoolpay.com for FREE. You may also enter money into the account with a debit/credit card. There is a \$3.00 fee for online deposits.

The 2024-2025 Iowa Eligibility Application for free or reduced meals is available to fill out and submit online at: EZMealapp.com. You may also pick up a paper application in the school offices or download the form - [Free and Reduced Iowa Eligibility Application Form](#). We encourage everyone to fill out an application to see if you qualify.

If you have any questions, please call the Food Service Office at 712-527-5029. This Institution is an equal opportunity provider. Menus subject to change.

School Info

Homecoming

4th - Early dismissal

Professional Development

9th & 16th

2hr Early Dismissal