

Menus for February 2024

High School Specials Menu



This institution is an equal opportunity provider. Menus are subject to change.



Monday, February 5

Line A: Stromboli, tomato sauce, salad

Line B: Corn dogs or chicken tenders with pasta and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, February 6

Line A: Chicken fajita, rice, carrots, broccoli

Line B: Chicken nuggets or Max cheese sticks or fish sticks with pierogis & beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, February 7

Line A: Spaghetti, meatballs, sauce, salad

Line B: Corn dogs or chicken tenders with mac and cheese and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, February 8

Line A: Tacos, taco shells, rice, corn

Line B: Chicken chunks or chicken patty sandwich with rice and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, February 9

Line A: Pizza, onion rings, tossed salad

Line B: Meatball hoagie and popcorn chicken with fries and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, February 8

Line A: Tacos, taco shells, rice, corn

Line B: Chicken nuggets or Max cheese filled sticks or fish sticks with rice and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, February 9

Line A: Pizza, onion rings, tossed salad or vegetable

Line B: Chicken patty sandwich or chicken nuggets with tater tots and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

Muhlenberg School District Food Service Department

2024

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The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON



Every complete meal we serve comes with your choice of milk!



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Line A: Pizza, onion rings, tossed salad

Line B: Chicken quesadilla or chicken fries with buttered noodles and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, February 13

Line A: Loaded nachos, beef, cheese, peppers, beans

Line B: Meatball hoagie or spicy popcorn chicken with pierogis and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wed., February 14

Line A: Pasta, meatballs, sauce, garlic bread, salad

Line B: Chicken quesadilla or chicken fries with potato smiles and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, February 15

Line A: Beef and cheese burrito, rice, beans, churro

Line B: Meatball hoagie or spicy popcorn chicken with rice and mixed vegetables

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, February 16

Line A: Steak sandwich, peppers & onions, sauce, fries

Line B: Chicken quesadilla or chicken fries with French fries and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Line A: Chicken fajita, rice, carrots, broccoli, egg rolls

Line B: BBQ beef rib sandwich or chicken nuggets with pasta and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wed., February 21

Line A: Crispy chicken wrap, choice of sauce, chips

Line B: Spicy chicken sandwich or popcorn chicken with mashed potatoes, veg.

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, February 22

Line A: Tacos, taco shells, rice, beans, corn

Line B: BBQ beef rib sandwich or chicken nuggets with rice and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, February 23

Line A: Stromboli, tomato sauce, salad

Line B: Spicy chicken sandwich or popcorn chicken with fries and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Monday, February 26

Line A: Pizza, onion rings, tossed salad

Line B: Pulled pork sandwich or chicken tenders with pasta and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, February 27

Line A: Hot ham & cheese croissant, tater tots, beans

Line B: Cheese steak hoagie or chicken fries with pierogis and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wed., February 28

Line A: Pasta, meatballs, sauce, salad

Line B: Pulled pork sandwich or chicken tenders with tater tots and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, February 29

Line A: Orange chicken, rice, carrots, broccoli

Line B: Cheese steak hoagie or chicken fries with rice and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.