

High School Specials Menu

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.

**YOU'RE
GOOD**



**ALL STUDENTS EAT ALL MEALS@
NO COST ALL YEAR LONG**

Muhlenberg School District Food Service Department

Monday, March 4

Line A: Baked chicken,
mashed potatoes, gravy

Line B: Chicken parm
sandwich or chicken nuggets
with pasta and veggies

Line C: K-12 Menu

Line D: Salads and cold
sandwich selection

Tuesday, March 5

Line A: Beef or chicken
soft shell tacos, rice, corn

Line B: Chicken chunks or
Max cheese filled sticks with
pierogis and broccoli

Line C: K-12 Menu

Line D: Salads and cold
sandwich selection

Wednesday, March 6

Line A: Pasta, meatballs,
sauce, tossed salad

Line B: Chicken parm
sandwich or chicken nuggets
with tater tots and beans

Line C: K-12 Menu

Line D: Salads and cold
sandwich selection

Thursday, March 7

Line A: Chicken enchilada,
rice, corn, refried beans

Line B: Chicken chunks
or Max cheese filled sticks
with rice and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold
sandwich selection

Friday, March 8

Line A: Stuffed crust
pizza, onion rings, salad

Line B: Chicken parm
sandwich or chicken nuggets
with fries and peas

Line C: K-12 Menu

Line D: Salads and cold
sandwich selection

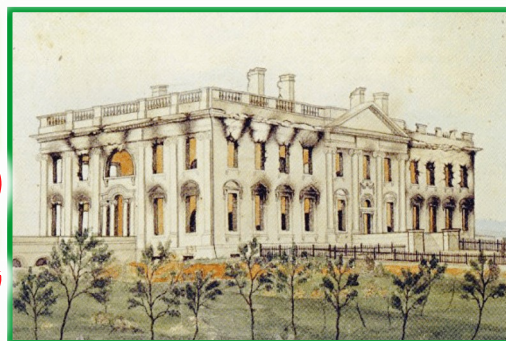
FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

OUR NATION'S HISTORY



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

WITH LIBERTY & JUSTICE FOR ALL

SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!



ANIMAL APPETITES

Monday, March 11

Line A: Pizza, onion rings, tossed salad

Line B: Popcorn chicken or buffalo chicken wrap with pasta and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, March 12

Line A: Chicken fajita, rice, broccoli

Line B: Meatball sandwich or popcorn chicken or fish sticks with pierogis & veg.

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, March 13

Line A: Cold sandwich bar, lettuce, tomato, onion

Line B: Popcorn chicken or buffalo chicken wrap with tater tots and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, March 14

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

Line B: Meatball sandwich or popcorn chicken or fish sticks with rice and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, March 15

Line A: Pizza, onion rings, tossed salad

Line B: Popcorn chicken or buffalo chicken wrap with fries and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Monday, March 18

Line A: Grilled sandwich bar, ham, tomato, cheese

Line B: Chicken tenders or BBQ beef rib sandwich with pasta and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, March 19

Line A: Chicken fajita wrap, peppers & onions, rice

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

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, March 20

Line A: Pasta with meat sauce, tossed salad

Line B: Chicken tenders or BBQ beef rib sandwich with tater tots and peas & carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, March 21

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

Line B: Spicy chicken sandwich or chicken fries with rice and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

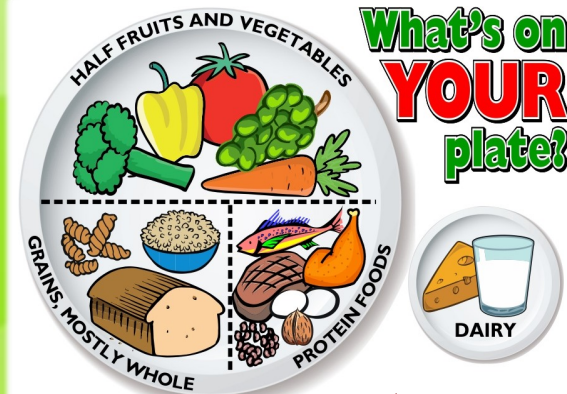
Friday, March 22

Line A: Pizza, onion rings, tossed salad

Line B: Chicken tenders or BBQ beef rib sandwich with fries and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection



What did the Teddy Bear say when he was offered dessert?



“No, thanks. I’m stuffed!” Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Now Appearing ...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:

Friday, March 22

Classes resume:

Tuesday, April 2

NUTRITION TO GO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS