

**Muhlenberg School District**  
**K-12 Café 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**

**Breakfast**

Maple waffle  
Assorted muffins

**Lunch**

Pork BBQ on wheat roll  
Mac and cheese  
Steamed carrots  
Pears

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Tuesday, March 5**

**Breakfast**

Strawberry boli  
Assorted cereal

**Lunch**

Pasta with meat sauce  
Garlic bread stick  
Tossed salad with dressing  
Fruit cocktail

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Wednesday, March 6**

**Breakfast**

Apple cinnamon mini loaf  
Assorted muffins

**Lunch**

Muhl-fil-a dill chicken sand.  
Waffle fries  
Dill pickle chips  
Apple slices

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Thursday, March 7**

**Breakfast**

Egg and cheese wrap  
Assorted cereal

**Lunch**

Cold hoagie day  
Baked chips  
Lettuce, tomato, pickles  
Individual brownie

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Friday, March 8**

**Breakfast**

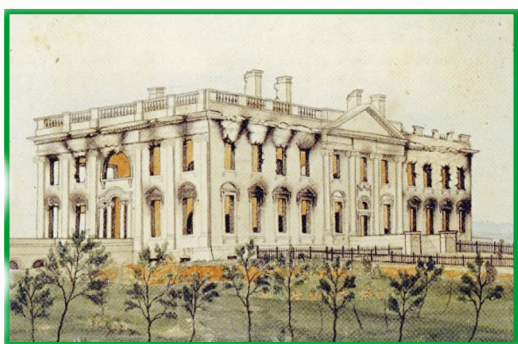
Blueberry mini loaf  
Assorted muffins

**Lunch**

Meat/cheese -cheese calzone  
Marinara sauce  
Steamed green beans  
Peaches

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

## OUR NATION'S HISTORY



## WITH LIBERTY & JUSTICE FOR ALL

**D**uring 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.

## 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!**

**Friday, March 1**

**Breakfast**

Cinnatwin  
Assorted cereal

**Lunch**

Tomato soup  
Grilled cheese sandwich  
Goldfish crackers  
School cookie

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

## 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!**



Monday, March 11

**Breakfast**

Egg and cheese hash brown  
Assorted cereal

**Lunch**

Cheeseburger on wheat bun  
Lettuce, tomato, pickles  
French fries  
Sliced peaches

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Tuesday, March 12

**Breakfast**

Mini waffles  
Assorted muffins

**Lunch**

Baked whole chicken tenders  
Buttered macaroni, roll  
Steamed carrots  
Fresh apples

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Wednesday, March 13

**Breakfast**

Cheese omelet  
Assorted cereal

**Lunch**

Buffalo or cheese crunchers  
Tomato sauce  
Side salad with dressing  
Sour cherry ice

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Thursday, March 14

**Breakfast**

Apple mini donuts  
Assorted muffins

**Lunch**

Homemade quesadilla  
Pica de gallo, guacamole  
Arroz con gandules  
Kiwi half

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Friday, March 15

**Breakfast**

Mini pancakes  
Assorted cereal

**Lunch**

Irish fish and chips  
Fish sticks and fries  
Tarter sauce, green peas  
Shamrock cookie

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Monday, March 18

**Breakfast**

Cinnamon roll  
Assorted muffins

**Lunch**

Cheese steak hoagie, sauce  
Baked chips  
Onions, peppers, pickles  
Scooby snacks

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Tuesday, March 19

**Breakfast**

Apple frudel  
Assorted cereal

**Lunch**

Mini corn dog nuggets  
Mac and cheese  
Mixed vegetables  
Pineapples

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Wednesday, March 20

**Breakfast**

Scrambled eggs w/ sausage  
Assorted muffins

**Lunch**

Lime chicken  
Mexican rice  
Mexican street corn  
Mango ice

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Thursday, March 21

**Breakfast**

Dutch waffle  
Assorted cereal

**Lunch**

Spicy chicken flatbread  
Spinach and romaine salad  
Fresh strawberries, apples  
Strawberry oatmeal bars

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Friday, March 22

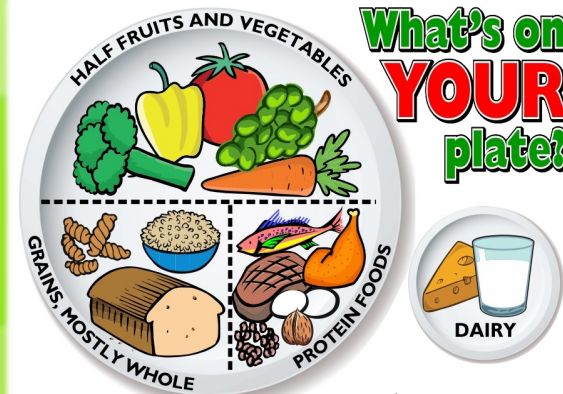
**Breakfast**

Muhl muffin breakfast sand.  
Assorted muffins

**Lunch**

Italian cheese & garlic bread  
Marinara sauce  
Side salad /dressing, grapes  
Orange creamsicle

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

*Now Appeazing ...*

# 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**