

Menus for December 2011



Muhlenberg High School
Brkfst. \$1.50, Inch \$2.15

This institution is an equal opportunity provider.

Available Daily

**12/1 +2 meatball sub, chicken patty,
quesadilla**

**12/5-9 Cheese steak, chicken tender,
burrito.**

**12/12-16 pulled pork, chicken
nuggets, max stix.**

**12/19-22 chicken cheese steak,
chicken parm, hot & cheese**

All menu subject to change

How Much Snow?

Average annual snowfall for
selected U.S. cities



Featured Specials of the Day

Thursday, December 1

Breakfast on a stick
Hash brown, fruit, gogurt

Friday, December 2

Hot roast beef sandwich with gravy
Peas, peaches

Monday, December 5

Chicken Cordon bleu on roll
Tator tots, corn, pineapples

Tuesday, November 6

Turkey hoagie
Lettuce tomato, onion, Fries, orange wedges

Wednesday, December 7

Meatloaf gravy
Mashed potatoes, green beans, pears

Thursday, December 8

Pizza
Cheesy broccoli, mixed fruit, puding

Friday, December 9

Mac & Cheese
Stewed tomatoes, salad, roll, apple wedges

All meals come with milk selection
Fresh fruit & vegetable bar
Menu subject to change

★ OUR NATION'S HISTORY ★

Seventy years ago this month, on December 7, 1941, more than 2,400 U.S. servicemen were killed in a surprise attack on Pearl Harbor in Hawaii. In a famous speech the next day, President Franklin Delano Roosevelt said that the date of the attack would "live in infamy." Nearly half of those killed were on the U.S.S. Arizona, and the sunken remains of that ship still rest on the harbor floor, below the U.S.S. Arizona Memorial museum and shrine.



★ WITH LIBERTY & JUSTICE FOR ALL ★

EAT WITH YOUR HANDS.

Just how big is a "serving"? It's hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about



the size of a fist, an ounce of cheese is as big as a thumb, and a 3 ounce serving of meat, fish, or chicken fills up your palm.

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



THURSDAY DEC. 15



Anthony J. Brochu JR.
Food Service Coordinator inri

55 BY THE NUMBERS
55% OF AMERICANS AGED 12-19 (A TOTAL OF ABOUT 15 MILLION TEENS) PARTICIPATE IN VOLUNTEER WORK

Featured Specials of the Day

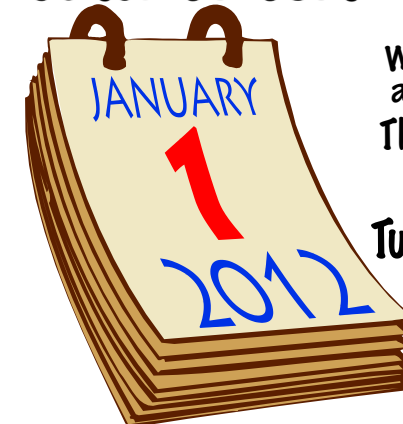
- Monday, December 19**
Pasta w/ or w/out meat sauce
Garlic bread, salad, mixed fruit, pudding
- Tuesday, December 20**
Pretzel dog
Baked beans, corn on cob, pears
- Wednesday, December 21**
Chef Choice

- Thursday, December 22**
Chicken tenders
Fries,

- Friday, December 23**
Start your break
We will see you
Next year.
Muhl Café Staff

All meals come with milk selection
Fresh fruit & vegetable bar
Menu subject to change

Time to turn the page!



Winter Holiday begins
at the end of classes
Thursday, Dec. 22

Classes resume:
Tuesday, Jan. 3

**We look forward
to serving you
in 2012!**



Featured Specials of the Day



Happy Hanukkah

Monday, December 12

Asian stir fry chicken over rice
Egg roll, peas, fortune cookie

Tuesday, December 13

Chicken parm on roll
Baked chips, baby lima beans, fruit

Wednesday, December 14

Taco over scoops
Lettuce, tomato, onion, apple wedges, churro

Thursday, December 15

Roasted Ham
Mashed potatoes, gravy, corn, roll
Pineapples, Assorted pies and ice cream

Friday, December 16

Stuffed crust pizza
Salad, peaches
All meals come with milk selection
Fresh fruit & vegetable bar
Menu subject to change

ABOMINABLE

Remember this guy from the "Rudolph" cartoon when you were little? Sure you do. Well, you've probably figured out by now that he's fictional, but he's based on a mythical big, hairy beast that people really believe in, a guy who goes by different names in different parts of the world -- "Yeti" in the Himalaya Mountains of Tibet, "Yowie" in Australia, "Ucu" in the Andes Mountains in South America, "Am Fear Liath Mòr" in Northern Scotland, and, of course, "Sasquatch" (or Bigfoot) in our own Pacific Northwest.

