



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

This institution is an equal opportunity provider.

Featured Specials of the Day

Monday, January 2
HOLIDAY BREAK

Tuesday, January 3
Mickey's Pizza
Peas, pears

Wednesday, January 4
Breakfast for lunch
Scrambled eggs, sausage, hash brown, apple sauce

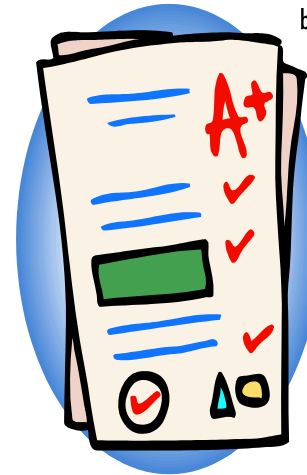
Thursday, January 5
Pasta w/ or w/ out sauce
Cheesy bread, broccoli, peaches

Friday, January 6
Fish Sticks w/ sauce
Tots, carrots, orange wedges

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

Eat up.

Guess what? When you "eat up," your grades go up, too. Research strongly suggests that when you regularly eat balanced, nutritious meals, you pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals for you at school, so we hope you will join us often!



Lunch

\$2.15

Get in touch with us today to learn more about free and reduced-price meals in our district:
610-921-8000 or brochut@mail.muhsdk12.org

Available Daily

1/3-1/6 meatball sub, spicy chicken patty, rib patty on roll

1/9-1/12 steak sub, chicken fryz, quesadilla

1/17-1/19 pulled pork, chicken fingers, fiesta dog

1/23-1/27 chicken steak, popcorn shrimp, cheeseburger

1/30-2/3 meatball sub, chicken parm, meatloaf.

FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!

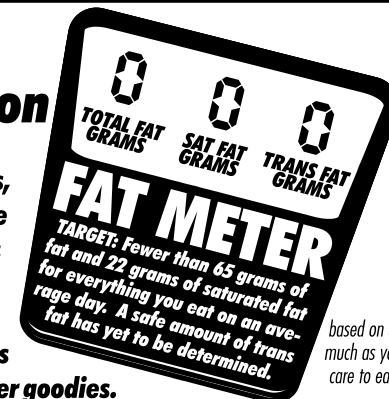


ITEM: Citrus Fruit

VERDICT: 'Tis the Season

TIP: Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months.

When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



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

Featured Specials of the Day

Monday, January 9

Cheeseburger
Sweet potato bite, mandarin oranges

Tuesday, January 10

Hot ham & Cheese pretzel bun
Lima beans, pears.

Wednesday, January 11

Pork & Sauerkraut
Mashed potatoes, corn, cherry crisp

Thursday, January 12

Lasagna rolls
Green beans, apple wedges

Friday, January 13

HALF DAY
ENJOY YOUR WEEKEND

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

Featured Specials of the Day

Monday, January 16

School will be closed on Monday, January 16
in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 17

Pasta w/ sauce
Salad, roll, apple sauce

Wednesday, January 18

Cheese steak sub
Broccoli, salad, pears

Thursday, January 19

Baked Chicken
Mashed Potatoes, gravy, peas
Apple cherry crisp

Friday, January 20

HALF DAY
ENJOY YOUR WEEKEND

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

DON'T LET THIS HAPPEN TO YOU!!!

SURELY, IF NICK SHOOK HARD ENOUGH, THE REMAINS OF HIS SMASHED SANDWICH WOULD EVENTUALLY COME UNGLUED FROM THE BOTTOM OF HIS BACKPACK.



NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

VEGETABLE CHILI
WHEAT ROLL W/BUTTER
MASHED POTATOES
APPLE COBBLER
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 782
CALORIES FROM PROTEIN: 15%
CAL. FROM CARBOHYDRATES: 59%
CALORIES FROM FAT: 26%
GOAL: 30% OR LESS FAT CALORIES

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The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.



YEAR OF THE DRAGON

Featured Specials of the Day

Monday, January 23

Sweet & Sour Chicken
Lo Mein Noodles, egg roll, pineapples, fortune cookie

Tuesday, January 24

Hot dog
Baked beans, coleslaw, peaches, Jell-o

Wednesday, January 25

Vegetarian Day
Chili or a rice, cheese, bean stuffed sandwich
Nachos w/ salsa, peaches

Thursday, January 26

Chicken parm
Buttered noodles, California blend veg
Orange wedges

Friday, January 27

Everyone's birthday
Cheeseburger, potato salad, chips
apple wedges, cupcake

Monday, January 30

Breakfast for lunch
Mini Pancakes, Bacon
Gogurt, pears

Tuesday, January 31

Cheese steak pierogies
Green beans, peaches

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

Please see reverse for items available daily