

# Menus for November 2011



**Muhlenberg High School**  
Brkfst. \$1.50—Lunch. \$2.15

This institution is an equal opportunity provider.

  
**AVAILABLE DAILY**

**10/31-11/4, cheese steak, chicken nuggets, fiesta dog.**

**11/7-11/11, pulled pork, shrimp poppers, rib patty.**

**11/14-11/18, chicken cheese steak, chicken fryz, grilled chicken.**

**11/21-12-2, meatball sub, chicken patty, quesadilla**



## Featured Specials of the Day

### Tuesday, November 1

Tangerine chicken over fried rice  
Egg roll, lima beans, orange wedges

### Wednesday, November 2

South west chicken flat bread pizza  
Green beans, apple wedges

### Thursday, November 3

Mac & Cheese  
Stewed tomatoes, salad, pears

### Friday, November 4

Double Cheeseburger  
Baked beans, pineapples

We're **THANKFUL...**  
For  
Your Patronage

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

## Featured Specials of the Day

### Monday, November 7

Chicken Nuggets,  
Mashed potatoes, gravy, corn, brownie

### Tuesday, November 8

NO SCHOOL TODAY  
SEE YOU ALL TOMORROW

### Wednesday, November 9

Cheese steak sub  
Peirogies, mixed vegetables, mixed fruit

### Thursday, November 10

Grilled cheese w/ tomato soup  
Salad, banana

### Friday, November 11

Vegetarian Day  
Chili in bread bowl, carrot & celery w/ dip  
Pears

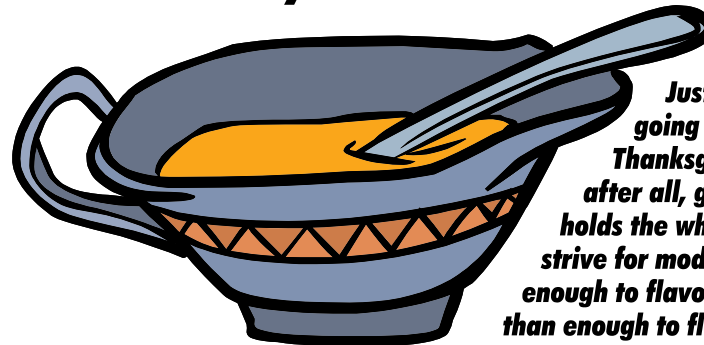
All meals come with milk selection  
Fresh fruit & vegetable bar  
Menu subject to change

# FIT FAT

WANNA STAY FIT?

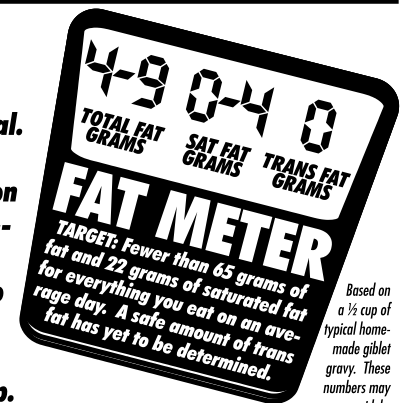
FIGHT THE FAT!

**ITEM: Gravy VERDICT: Does it matter?**



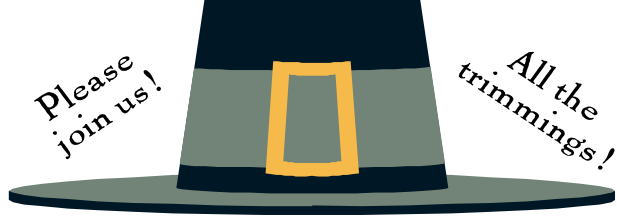
**TIP:** Let's be real.

Just about everybody is going to slurp some gravy on Thanksgiving. And that's OK -- after all, gravy's the glue that holds the whole meal together! So strive for moderation -- take just enough to flavor your food, rather than enough to float a large cruise ship.



Based on a 1/2 cup of typical home-made giblet gravy. These numbers may vary widely.

# THANKSGIVING FEAST



Wednesday, November 16

## Featured Specials of the Day

### Monday, November 14

Pasta w/ or w/out meat sauce  
Garlic toast, broccoli, frozen fruit cup

### Tuesday, November 15

BBQ chicken flatbread pizza  
Sweet potato tots, peas, fresh fruit

### Wednesday, November 16

Turkey, gravy  
Mashed potatoes, stuffing, corn, carrots,  
cranberry sauce, roll, pie

### Thursday, November 17

Mozzarella & Sauce crunchers  
Carrots & celery w/ dip, peaches

### Friday, November 18

Hot dog on roll  
Baked Chips, salad, apple wedges

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

## Featured Specials of the Day

### Monday, November 21

Breakfast for lunch  
Mini Pancakes  
Sausage Patty, yogurt, Mixed fruit

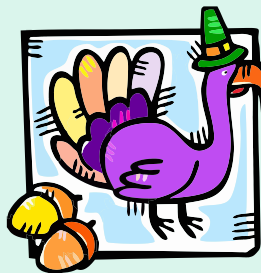
### Tuesday, November 22

Pot Pie  
Roll, mixed vegetable, apple sauce

### Wednesday, November 23

Tacos  
Lettuce, tomato, cheese  
Peaches, churro

## Thanksgiving Break



See you  
back here  
on Monday,  
Nov. 28!

### Monday, November 28

NO SCHOOL TODAY  
SEE YOU ALL TOMORROW

### Tuesday, November 29

Shrimp Poppers  
Mashed sweet potato, green beans, pineapples

### Wednesday, November 30

Pizza  
Fries, corn, pudding, orange

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

THIS TIME OF YEAR, YOU SEE A LOT OF PICTURES OF A "CORNUCOPIA," OR



"HORN OF PLENTY." EVER NOTICE WHAT IT'S PLENTY FULL OF? FRUITS AND WHOLE GRAINS AND VEGGIES!

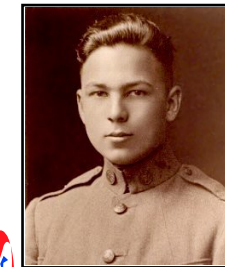
### NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

HAM & EGG ON A WHOLE WHEAT BAGEL  
OVEN-FRIED POTATOES  
FRESH PEACH  
RICE PUDDING  
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 701  
CALORIES FROM PROTEIN: 19%  
CAL. FROM CARBOHYDRATES: 58%  
CALORIES FROM FAT: 23%  
GOAL: 30% OR LESS FAT CALORIES

## ★ OUR NATION'S HISTORY ★

On November 11, 1918 at the stroke of eleven o'clock a.m. -- the 11th hour of the 11th day of the 11th month -- the treaty that ended World War I



was signed. But, in a way, the so-called "war to end all wars" only ended for us in 2011. Earlier this year, the last survivor among 5 million American veterans of that war, Frank W. Buckles, died at the age of 110. Mr. Buckles, pictured, left, as a 17-year-old and, below,

in a more recent photo, lied about his age to enlist at sixteen. He



was buried with full

honors at Arlington National Cemetery near Washington, D.C. Please remember Mr. Buckles and all of our brave servicemen and women on Veteran's Day, November 11.



## ★ WITH LIBERTY & JUSTICE FOR ALL ★

Please see reverse for items available daily

**17 BY THE NUMBERS**  
EVERY TON OF RECYCLED PAPER SAVES 17 TREES, EACH OF WHICH CAN ABSORB 13 POUNDS OF CARBON DIOXIDE A YEAR