



Muhlenberg High School  
Brkfst. \$1.50—lunch \$2.15



10/3-10/7 Cheese Steak, Popcorn  
Chicken, Hot & ham & cheese.

10/10-10/14 pulled pork, chicken patty,  
cheeseburger.

10/17-10/21 chicken steak, chicken  
fingers, fire stinger

10/24-10/28 meatball sub, spicy  
chicken patty, burrito



### Featured Specials of the Day

**Monday, October 3**

Chicken Parm on roll  
Peas, snack bag, fruit icy

**Tuesday, October 4**

French Toast, syrup, sausage  
Yogurt, mixed fruit

**Wednesday, October 5**

Meatball sub,  
Mixed salad, peaches

**Thursday, October 6**

Mac & Cheese  
Stewed tomatoes, Apple wedges

**Friday, October 7**

PIEGOGIE DAY  
Cheese steak & stuffed pasta  
Carrot sticks w/ dip, pudding

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

## SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

### Featured Specials of the Day

**Monday, October 10**  
**COLUMBUS DAY**  
**NO SCHOOL**

**Tuesday, October 11**  
Hot ham & cheese on pretzel bun  
Green beans, banana

**Wednesday, October 12**  
Chicken pot pie  
Roll, apple sauce

**Thursday, October 13**  
Grilled cheese  
Tomato soup, baby lima beans, pears

**Friday, October 14**  
Stuffed crust Bosco pizza  
Mixed vegetables, orange wedges

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



**National School Lunch  
Week - October 10-14, 2011**

**4.25 BY THE NUMBERS**  
CANDY CORNS SOLD ANNUALLY  
WOULD CIRCLE THE EARTH 4.25  
TIMES IF LAID END TO END

PLEASE SEE REVERSE FOR  
ITEMS AVAILABLE DAILY

## Featured Specials of the Day

### Monday, October 17

Cheese Steak sub  
Fries, Cole slaw, apple wedges

### Tuesday, October 18

Rotini w/ or w/out sauce. Garlic bread  
Broccoli, fresh fruit, fruit roll up

### Wednesday, October 19

Taco's over chips  
Lettuces, tomato, onion, cheese  
churro

### Thursday, October 20

Chicken Quesadilla  
Sweet potato bites, Carrots, pineapples

### Friday, October 21

Chicken Nuggets  
Mashed potatoes, gravy, corn, peaches

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

## ◆ WONDERS OF THE WORLD ◆



Lake Toba in Indonesia is remote, rugged, beautiful -- and much more than the peaceful picture postcard it appears to be. The 60-mile-long lake is actually the remnant of a humongous volcano that 70,000 years ago

produced the largest explosive eruption on earth in the last 25 million years. This so-called supervolcano led to a long "volcanic winter" with average temperatures up to 25°F colder around the world!

THE LAKE TOBA SUPERVOLCANO ◆ INDONESIA

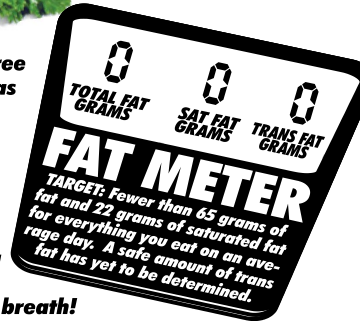
# FIT FAT

WANNA STAY FIT?  
FIGHT THE FAT!



**ITEM: Parsley**  
**VERDICT:**  
**Breathe Easy**

**TIP:** Parsley has three times as much vitamin C as oranges. Twice as much iron as spinach. And it helps prevent high blood pressure, too. So who cares, right? OK, how about this: chew a sprig of parsley at the end of a meal and you won't ever have to worry about bad breath!



## DON'T LET THIS HAPPEN TO YOU!!!

EVERYBODY THOUGHT IT WAS A  
**REALLY COOL COSTUME,**  
BUT, IN REALITY,  
NICK JUST NATURALLY  
TURNED INTO A  
**CREATURE WHEN HE HADN'T EATEN LUNCH!**



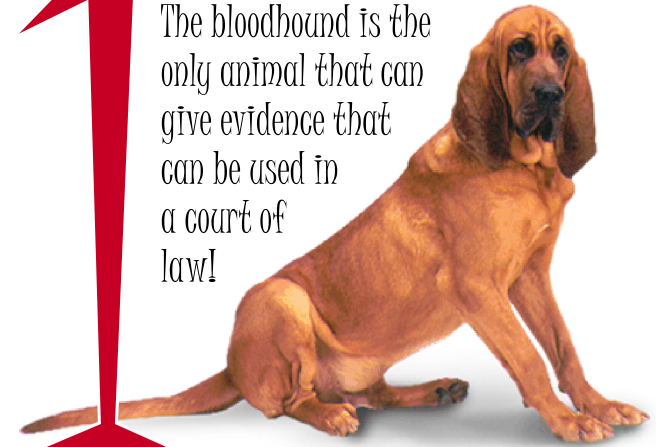
### NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

CHEESE PIZZA  
CARROTS AND DIP  
SWEET POTATO FRIES  
GRAPE JELL-O  
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 697  
CALORIES FROM PROTEIN: 16%  
CAL. FROM CARBOHYDRATES: 60%  
CALORIES FROM FAT: 24%  
GOAL: 30% OR LESS FAT CALORIES

# AND ONLY!

The bloodhound is the only animal that can give evidence that can be used in a court of law!



## Featured Specials of the Day

### Monday, October 24

Taco Chalupa  
Lettuce, tomato, cheese, pears, churro

### Tuesday, October 25

Sweet & Sour Chicken stir fry  
Vegetable fried rice, mandarin oranges,  
Fortune cookie

### Wednesday, October 26

Chef Choice  
Will be announced 10/21

### Thursday, October 27

Cheeseburger on roll  
Fries, green beans, apple wedges

### Friday, October 28

Fish sandwich  
Cole slaw, fruit, pudding

### Monday, October 31

Chili dog on roll  
Carrots & broccoli for dipping  
Caspar cup

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