



Muhlenberg High School

This institution is an equal opportunity provider.

 **available daily**

8/29-9/1 Meatball sub, Spicy chicken patty, Rib patty.

9/6-9/9 Cheese Steak Sub, Chicken nuggets, burrito.

9/12-9/16 Pulled pork, Chicken fryz, Grilled Chicken.

9/19-9/23 Cheese Steak, Shrimp poppers, chicken quesadilla.

9/26-9/30 Meatball Sub, Chicken parm, Max cheese stix



Featured Specials of the Day

Monday, August 29

Welcome Back

Pizza

Green Beans, orange wedges, pudding

Tuesday, August 30

Chicken nuggets

Mashed potatoes, gravy, peas

Apple sauce

Wednesday, August 31

Hot Dog on roll

Sweet potato fries, carrots w/ dip

pineapples

Thursday, September 1

Burger w/ or w/out cheese on roll

Cole slaw, peaches

Friday, September 2

No school

Enjoy your weekend

Monday, September 5



Tuesday, September 6

Chicken parm. On roll

Baked Chips, mixed Vegetables, pears

Wednesday, September 7

Cheese filled bread stick w/ sauce

Baby lima beans, pineapple

Thursday, September 8

Spicy chicken tenders w/ sauce

Salad, mixed fruit, cookie

Friday, September 9

Pasta w/ or w/out sauce

Broccoli, cheese stick, apple wedges , pudding

All meals come with milk selection

Fresh fruit and vegetable bar

Menu subject to change

MODERATION.

The new MyPlate graphic advises us about the kinds of food to put on our plates. But WHAT you eat isn't the only thing that matter – the SIZE of the plate and the AMOUNT of food you put on it makes a difference, too. The best advice for healthy living is to enjoy what you eat, but don't overdo it.



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

Featured Specials of the Day

Monday, September 12

Pierogies w/ chicken and veggies

Apple sauce, pudding

Tuesday, September 13

Tacos soft or hard

Lettuce, tomatoes, cheese

Churro, pineapples

Wednesday, September 14

Baked chicken

Corn, mashed potatoes, gravy

Watermelon

Thursday, September 15

Pizza

Salad, apple wedges

Friday, September 16

Baked pasta with cheese

Bread stick, broccoli, grapes

All meals come with milk selection

Fresh fruit and vegetable bar

Menu subject to change

Nobody learns if they're empty.



Someone once said that 80% of success in life is just showing up. We're not sure if that's true, but we do know that you can't expect to learn if you're not filling up that seat every day. And you can't keep your seat full unless you're full, too. It's a fact: you have to eat well to learn well. We hope you'll join us often this year!

Breakfast

\$1.50

Lunch

\$2.15

Get in touch with us today to learn more about free and reduced-price meals in our district: xxx-xxx-xxxx or emailaddress@school.com

please see reverse for items available daily



Featured Specials of the Day

Monday, September 19

Chicken Nuggets
Mashed sweet potatoes, cauliflower w/ cheese, pears

Tuesday, September 20

Hot dog on roll
Baked beans, carrots w/dip
Apple/cherry crisp

Wednesday, September 21

French toast sticks w/ syrup
Sausage patty, mixed fruit gogurt

Thursday, September 22

Mac & cheese
Green beans, mixed fruit cut fruits

Friday, September 23

Turkey hoagie
Lettuce, tomato, onion, pickle
Baked chips, birthday cup cake

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

Featured Specials of the Day

Monday, September 26

Cheeseburger on roll
Broccoli slaw, apple sauce

Tuesday, September 27

Beef chalupa
Lettuce, onion, tomato, cheese
Churro, orange wedges

Wednesday, September 28

Ham & cheese on pretzel bun
Sweet potato bites, broccoli w/ cheese sauce
pineapples

Thursday, September 29

Chicken quesadilla
Baked zucchini, apple wedges

Friday, September 30

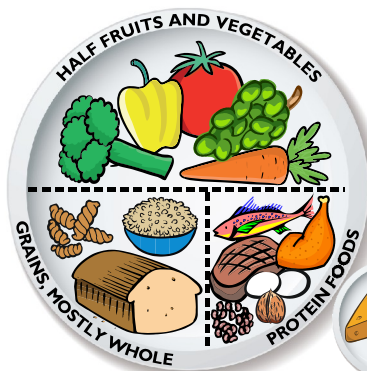
Pretzel dog
Baked chips, mixed vegetables, apple wedges

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

FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!



ITEM: Your entire diet
VERDICT: Check your plate

TIP: The Food Guide Pyramid has been replaced by the new "MyPlate" graphic. If you try to follow the MyPlate advice – make your plate (and your entire diet) about half fruits and veggies, a little more than a quarter grains (mostly whole grains), a little less than a quarter lean protein, and a small amount of dairy – you won't even have to watch the fat.



Check it out at CHOOSEMYPLATE.gov