



High School Specials Menu

This institution is an equal opportunity provider. Menus are subject to change.

Tuesday, December 2

Line A: Max cheese filled sticks, tomato sauce, salad

Line B: Chicken nuggets or pulled pork sandwich with pierogis and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, December 3

Line A: Pasta, meat sauce, garlic bread, side salad

Line B: Chicken patty sandwich or beef & cheese burrito with tots and beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, December 4

Line A: Beef or chicken taco, rice, corn, refried beans

Line B: Chicken nuggets or pulled pork sandwich with rice and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, December 5

Line A: Pizza burger, potato wedges, mixed veggies

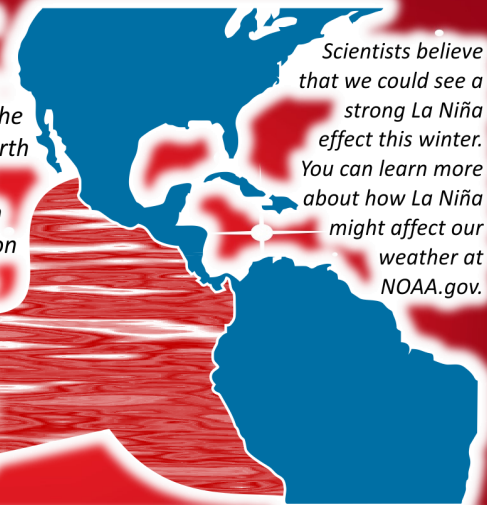
Line B: Chicken patty sandwich or beef & cheese burrito with potato wedges

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

The climate phenomenon known as “La Niña” occurs in years when Pacific Ocean waters off the coast of Central and South America become cooler than usual. La Niña tends to make the southwestern states drier, the southern U.S. warmer and drier, the northwest and north central states colder and snowier, and the mid-Atlantic and northeast warmer, resulting in more mixed precipitation for those folks.

La Niña



Scientists believe that we could see a strong La Niña effect this winter. You can learn more about how La Niña might affect our weather at NOAA.gov.



REALLY Hot Chocolate!

The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!



From:
All of your Food Service Staff, have a happy and healthy holiday season!

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

Muhlenberg School District Food Service Department

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

OUT COLD.

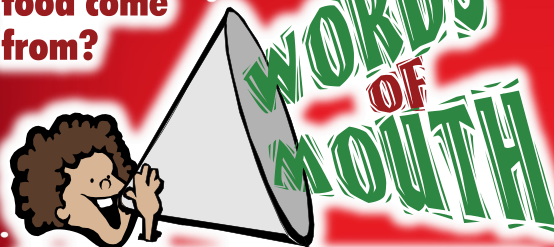
Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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



Where do all of our crazy names for food come from?



This month: "Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!

Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!



Monday, December 8

Line A: Pizza, side salad, garlic green beans

Line B: Chicken strips or BBQ rib sandwich with pasta and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, December 9

Line A: Baked chicken, parsley potatoes, corn, roll

Line B: Spicy chicken patty sandwich or sloppy joe with pierogis and sliced carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, December 10

Line A: Chile cheese dog, fries w/ cheese, chickpeas

Line B: Chicken strips or BBQ rib sandwich with potato wedges and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, December 11

Line A: Chicken taco salad, tortilla chips, lettuce, salsa

Line B: Spicy chicken patty sandwich or sloppy Joe with rice and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, December 12

Line A: Stromboli, tomato sauce, side salad

Line B: Chicken strips or BBQ rib sandwich with fries and mixed vegetables

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Monday, December 15

Line A: Buffalo chicken wrap, snack bag, hummus

Line B: Popcorn chicken or meatball sandwich with pasta and steamed peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, December 16

Line A: Chicken Alfredo, penne pasta, broccoli, salad

Line B: Chicken chunks or pizza crunchers with pierogis and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, December 17

Line A: Baked potato bar, buffalo chicken, taco meat

Line B: Popcorn chicken or meatball sandwich with tots and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, December 18

Line A: Chicken Caesar salad, bread stick

Line B: Chicken chunks or pizza crunchers with rice and diced carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, December 19

Line A: Pizza slice, garlic green beans

Line B: Popcorn chicken or meatball sandwich with fries and peas & carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Monday, December 22

Line A: Pizza slice, garlic green beans

Line B: Chicken tenders with fries and green beans, fruit, juice

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, December 23

No lunch Today
See you Next Year!

