

Menus for May 2025



High School Specials Menu

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

★ OUR NATION'S HISTORY ★

Our Nation's Sweet Tooth

Annual consumption of added sugar by the average American 1822-2005

Source: Dr. Stephan Guyenet, Whole Health Source

In 1822, it took the average American 5 days to eat the amount of added sugar that's in one 12-oz. can of soda. In the twenty-first century, on average, we eat that much added sugar every 7 hours!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Thursday, May 1

Line A: Beef or chicken hard shell tacos, rice, corn

Line B: Pulled pork sandwich or chicken chunks with rice and peas & carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, May 2

Line A: Buffalo chicken pizza, onion rings, side salad

Line B: Chicken nuggets or sloppy Joe sandwich or fish sticks with fries and veg

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

Monday, May 5

Line A: Stromboli, sauce, side salad

Line B: Shredded BBQ chicken sandwich or popcorn chicken with pasta and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, May 6

Line A: Soft shells chicken tacos, rice, corn, beans

Line B: Chicken tenders or cheese filled bread sticks with rice and corn

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, May 7

Line A: Pasta, meatballs, sauce, side salad

Line B: Shredded BBQ chicken sandwich or popcorn chicken with pierogis

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, May 8

Line A: Turkey B.L.T. wraps w/ ranch, snack bag

Line B: Chicken tenders or cheese filled bread sticks with potato stars and beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, May 9

Line A: Pizza, onion rings, side salad

Line B: Shredded BBQ chicken sandwich or popcorn chicken with fries and veg

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

YOU'RE GOOD

ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR

Muhlenberg School District Food Service
Department

Monday, May 12

Line A: Personal pan pizza, side salad

Line B: Spicy popcorn chicken or BBQ rib sandwich with pasta and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, May 13

Line A: Turkey & cheese hoagie, chips, carrots

Line B: Buffalo chicken wrap or mini corn dogs with pierogis and diced carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, May 14

Line A: Beef and cheese burrito, rice, corn, salsa

Line B: Spicy popcorn chicken or BBQ rib sandwich with pierogis and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, May 15

Line A: Chicken taco salad, lettuce, salsa, cheese

Line B: Buffalo chicken wrap or mini corn dogs with rice and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, May 16

Line A: Stromboli, sauce, side salad

Line B: Spicy popcorn chicken or BBQ rib sandwich with fries and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection



Monday, May 19

Line A: Pizza slice, onion rings, carrot sticks, ranch

Line B: Cheese steak pin wheel or popcorn chicken with rice and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, May 20

Line A: Sausage, egg and cheese croissant, hash brown

Line B: Chicken patty sandwich or chicken nuggets with pierogis & green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, May 21

Line A: Pasta, meatballs, tomato sauce, salad

Line B: Cheese steak pinwheels or popcorn chicken with potato stars

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, May 22

Line A: Stromboli, sauce, side salad

Line B: Chicken patty sandwich or chicken nuggets with pasta and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, May 23

Lunch
Act 80
Early dismissal
No lunches served
Today

Monday, May 26



Tuesday, May 27

Line A: Chicken stir fry, veggies, rice, egg roll

Line B: Pulled pork sandwich or chicken tenders with pierogis and broccoli

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, May 28

Line A: Chicken parmesan, spaghetti, salad

Line B: BBQ rib sandwich or Max cheese sticks with potato stars and veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, May 29

Line A: Beef or chicken tacos, rice, corn, beans

Line B: Pulled pork sandwich or chicken tenders with rice and corn

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

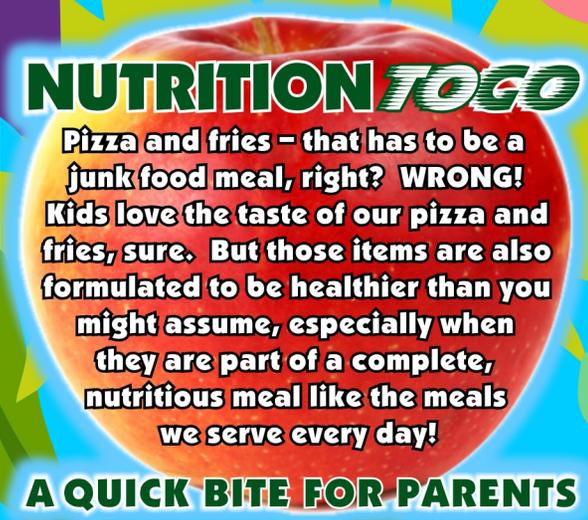
Friday, May 30

Line A: Stromboli, sauce, onion rings, side salad

Line B: BBQ rib sandwich or Max cheese sticks with fries and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection



NUTRITION TO GO

Pizza and fries – that has to be a junk food meal, right? **WRONG!** Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

A QUICK BITE FOR PARENTS