<table>
<thead>
<tr>
<th>Monday, January 10</th>
<th>Tuesday, January 11</th>
<th>Wednesday, January 12</th>
<th>Thursday, January 13</th>
<th>Friday, January 14</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Line A</strong>: Homemade buffalo chicken pizza, onion rings</td>
<td><strong>Line A</strong>: Grilled chicken, rice, carrots, broccoli</td>
<td><strong>Line A</strong>: Pasta w/meat sauce, salad, garlic bread</td>
<td><strong>Line A</strong>: Taco bar, taco meat, rice, corn</td>
<td><strong>Line A</strong>: Pizza , snack bag, salad, dessert</td>
</tr>
<tr>
<td><strong>Line B</strong>: Chicken patty sand. or fish sticks w/pierogis</td>
<td><strong>Line B</strong>: Chicken tenders or grilled ham &amp; cheese w/rice</td>
<td><strong>Line B</strong>: Chicken tenders or grilled ham &amp; cheese w/pasta</td>
<td><strong>Line B</strong>: Chicken tenders or fish sticks w/fries</td>
<td><strong>Line B</strong>: Chicken patty sand or fish sticks w/fries</td>
</tr>
<tr>
<td><strong>Line C</strong>: K-12 Menu</td>
<td><strong>Line C</strong>: K-12 Menu</td>
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<tr>
<td><strong>Line D</strong>: Salads and cold sandwich selection</td>
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</tbody>
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**Muhlenberg High School Specials**

**Menus for January 2022**

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

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Just a few more months of school left to go. Keep climbing. Greet each new day and each new challenge with determination, spirit, and grace. Before you know it, you’ll be at the TOP!

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**We’ve got your back.**

You’re back! We hope you and your family enjoyed your holiday, but we’re also happy to see you HERE again! As we prepare to face and conquer together whatever fate has in store for us this Winter and Spring, we want you to remember: we’ve been here for you throughout this tough time, we’re here for you now, and we’ll be here for you the rest of this school year and beyond. We can’t know what is going to happen, but we can (and do) pledge to keep feeding our students at no charge. So don’t worry – we’ve still got your back!

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**YOU’RE GOOD**

**ALL STUDENTS EAT ALL MEALS @ NO COST**

**ALL YEAR LONG**

Muhlenberg School District Food Service Department
Purple Carrots?!

It’s true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take “mutant” white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

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

YEAR OF THE TIGER

The Chinese New Year begins with the new moon on February 1. This year is the year of the Tiger.

What’s on YOUR plate?

GRAINS MOSTLY WHOLE

FRUITS AND VEGETABLES

PROTEIN FOODS

DAIRY

Monday, January 17

School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 18

*Note*

This page will be filled in after the start of the new year, and based on product availability.

Thank you.

Wednesday, January 19

Thursday, January 20

Friday, January 21

Monday, January 24

Tuesday, January 25

Wednesday, January 26

Thursday, January 27

Friday, January 28

Monday, January 31

This may look like a scene from the North Pole, but believe it or not, this is an image taken in Hawaii just last month! The towering volcanic peaks of the Hawaiian islands are high enough to catch severe snow storms a year, some, like this one in December 2021, delivering a foot or more of the white stuff to the highest reaches of our tropical paradise!