

Menus for May 2025



Muhlenberg School District K-12 Café 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

Breakfast

Whole wheat donut
Assorted cereal

Lunch

Cheesesteak hoagie
Sun chips
Garlicky green beans
Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, May 2

Breakfast

Egg and cheese on bun
Assorted muffins

Lunch

Chicken alfredo, bread stick
Penne pasta
Steamed broccoli
Chocolate cookies

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



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

Breakfast

Mini waffles
Assorted cereal

Lunch

Chicken quesadilla w/ salsa
Mexican rice and beans
Fiesta corn
Tropical fruit salad

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, May 6

Breakfast

Nutri grain bar
Assorted muffins

Lunch

French toast sticks w/ syrup
Sausage patty
Hash brown patty
Orange smiles

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, May 7

Breakfast

Egg and cheese hash brown
Assorted cereal

Lunch

Beef rib-b-q on bun
Onion rings
Green peas
Mixed fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, May 8

Breakfast

Mini pancakes
Assorted muffins

Lunch

Hot honey sriracha chicken
Rice pilaf
Carrots
Cinnamon apple slices

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, May 9

Breakfast

Breakfast pizza
Assorted cereal

Lunch

Galaxy mini pizzas
Cucumber slices with ranch
Scoops chips with salsa
Strawberry Go-Gurt

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

Muhlenberg School District Food Service
Department

Monday, May 12

Breakfast

Cinnamon roll
Assorted muffins

Lunch

General Tso's chicken
White rice
Steamed broccoli
Mandarin oranges

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, May 13

Breakfast

Pop tart
Assorted cereal

Lunch

Meatball sub w/ mozzarella
Tomato sauce, baked chips
Steamed green beans
Ice cream cup

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, May 14

Breakfast

Cereal bar
Assorted muffins

Lunch

BBQ grilled chicken on bun
Sweet potato fries
Baked beans
Sliced pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, May 15

Breakfast

Dutch waffle
Assorted cereal

Lunch

Pepperoni Stromboli
Marinara sauce, garlic knot
Romaine salad with dressing
Mixed fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, May 16

Breakfast

Breakfast scramble
Assorted muffins

Lunch

Ham and cheese on Kaiser
Doritos
Lettuce, tomato, pickles
School cookie

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



Monday, May 19

Breakfast

Frudel
Assorted cereal

Lunch

Popcorn chicken, dinner roll
Scalloped potatoes
Steamed green peas
Diced peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, May 20

Breakfast

Egg and sausage burrito
Assorted muffins

Lunch

Taco Tuesday, rice, corn
Salsa, lettuce, tomato
Sour cream, cheddar cheese
Applesauce cup

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, May 21

Breakfast

Breakfast apple bites
Assorted cereal

Lunch

Max cheese filled sticks
Fritos corn chips
Marinara sauce, salad
Fresh fruit selection

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, May 22

Breakfast

Bagel w/ strawberry cream
Assorted muffins

Lunch

Oven grilled chili dogs
Chips, baked beans
Sliced apples, Side Kick ice
Lemonade

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, May 23

Breakfast

Muhl muffin sandwich
Assorted cereal

Lunch

Act 80
Early dismissal
No lunches served
Today

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Monday, May 26



Tuesday, May 27

Breakfast

Mini French toast
Assorted cereal

Lunch

Chicken nuggets w/ bread
Parsley potatoes
Peas and carrots
Sliced pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, May 28

Breakfast

Omelets
Assorted muffins

Lunch

Buffalo chicken cheesesteak
Hot sauce, ranch, oven fries
Celery and carrot sticks
Strawberry fruit cup

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, May 29

Breakfast

Ham and cheese hash brown
Assorted cereal

Lunch

Cheeseburger on bun
Baked chips
Lettuce, tomato, pickles
Berries and cream

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, May 30

Breakfast

Chef's choice breakfast
Assorted muffins

Lunch

Personal pan pizza
Fries
Steamed green beans
Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

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