

Muhlenberg School District K-12 Café Menu

menus for

APRIL 2025

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

Tuesday, April 1

Breakfast
Western omelet
Assorted cereal

Lunch
French toast with 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, April 2

Breakfast
Mini waffles
Assorted muffins

Lunch
Oven grilled hot dogs
Mac and cheese
Baked beans
Applesauce

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

Thursday, April 3

Breakfast
Breakfast pizza
Assorted cereal

Lunch
Chef's choice chicken day
Seasoned rice
Mixed vegetables
Fruit cocktail

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

Friday, April 4

Breakfast
Muhl muffin
Assorted muffins

Lunch
Bosco cheese filled sticks
Marinara sauce
Tossed salad with dressing
Ice cream dessert

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

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

Monday, April 7

Breakfast
Frudel
Assorted cereal

Lunch
Meatball sandwich w/ sauce
Wheat roll, mozzarella cheese
Baked chips, green beans
School cookie

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

Tuesday, April 8

Breakfast
Ultimate Breakfast Round
Assorted muffins

Lunch
Chicken tenders with dip
Dinner roll, mashed potatoes
Buttered corn
Pineapples

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

Wednesday, April 9

Breakfast
Cinnamon bun
Assorted cereal

Lunch
Pulled pork BBQ
Mac and cheese
Cole slaw
Peaches

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

Thursday, April 10

Breakfast
Breakfast scrambler
Assorted muffins

Lunch
Cheeseburger
Oven fries
Lettuce, tomato, pickles
Pears

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

Friday, April 11

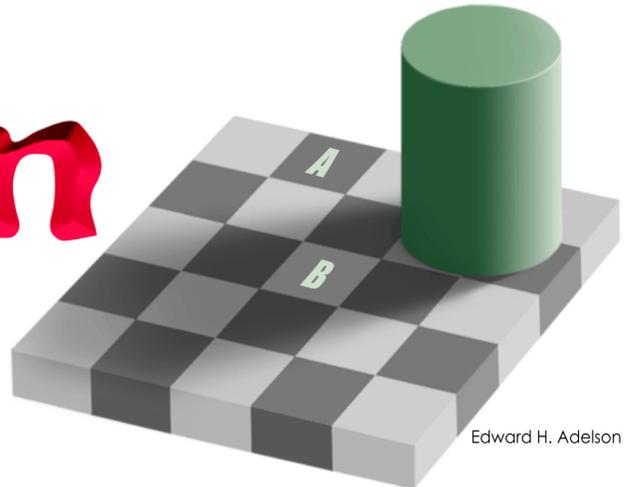
Breakfast
Mini pancakes
Assorted cereal

Lunch
French bread pizza day
Sun chips
Carrot sticks with ranch
Side kick fruit ice

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

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

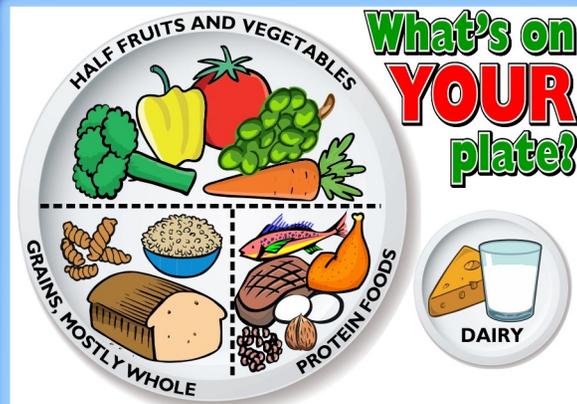
A QUICK BITE FOR PARENTS



Spring Break

Break begins at the end of classes:
Friday, April 11

Classes resume:
Tuesday, April 22



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!
Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

No School



April 21

Tuesday, April 22

Breakfast
Bagel with cream cheese
Assorted muffins

Lunch
Mickey's pizza slice
Mini pretzel bag
Steamed green peas
School cookie

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

Wednesday, April 23

Breakfast
Egg and cheese early riser
Assorted cereal

Lunch
Spicy or regular chicken sand.
Lettuce, tomato, pickles
Sun chips
Mandarin oranges

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

Thursday, April 24

Breakfast
Whole wheat donut
Assorted muffins

Lunch
Cold hoagie/sandwich choice
Lettuce, tomato, pickles
Baked chips
Mixed fruit

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

Friday, April 25

Breakfast
Egg and cheese on bun
Assorted cereal

Lunch
Max cheese filled sticks
Marinara sauce
Tossed salad with dressing
Apple dessert

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

No School



April 28

Tuesday, April 29

Breakfast
Breakfast calzone
Assorted cereal

Lunch
Beef or chicken empanada
Seasoned rice
Buttered corn
Fruit filled churro

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

Wednesday, April 30

Breakfast
Dutch waffle
Assorted muffins

Lunch
Hot ham and cheese croissant
Doritos
Green peas
Pears

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

OUR NATION'S HISTORY

Earth Day April 22

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Keep it clean

WITH LIBERTY & JUSTICE FOR ALL