

# Menus for October 2025

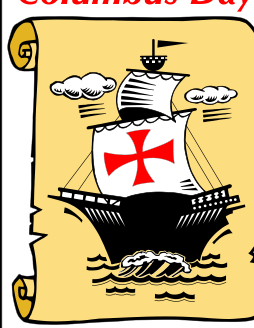


## High School Specials

USDA is an equal opportunity provider and employer. Menus

<b>Monday, September 29</b> <u><b>Line A</b></u> : French bread pizza, garlic green beans <u><b>Line B</b></u> : Chicken nuggets or Sloppy Joe sandwich with pasta and mixed veggies <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Tuesday September, 30</b> <u><b>Line A</b></u> : Teriyaki chicken, rice, broccoli, crispy noodles <u><b>Line B</b></u> : Steak pinwheels or chicken quesadilla with pierogis and green beans <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Wednesday, October 1</b> <u><b>Line A</b></u> : Baked chicken, mashed potatoes, corn, roll <u><b>Line B</b></u> : Chicken nuggets or Sloppy Joe sandwich with tater tots and green beans <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Thursday, October 2</b> <u><b>Line A</b></u> : Beef or chicken taco, rice, corn, refried beans <u><b>Line B</b></u> : Steak pinwheels or chicken quesadilla with rice and steamed broccoli <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Friday, October 3</b> <u><b>Line A</b></u> : Stromboli, sauce, side salad, croutons <u><b>Line B</b></u> : Chicken nuggets or Sloppy Joe sandwich with fries and cooked carrots <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection
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<b>Monday, October 6</b> <u><b>Line A</b></u> : Pizza slice, garlic green beans, side salad <u><b>Line B</b></u> : Popcorn chicken or pulled pork BBQ sandwich with pasta and carrots <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Tuesday, October 7</b> <u><b>Line A</b></u> : Chicken Alfredo, penne pasta, broccoli, salad <u><b>Line B</b></u> : Beef and cheese burrito or chicken fingers with pierogis and carrots <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Wednesday, October 8</b> <u><b>Line A</b></u> : "Home made Shepard's pie", corn <u><b>Line B</b></u> : Popcorn chicken or pulled pork BBQ sandwich with tater tots and peas <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Thursday, October 9</b> <u><b>Line A</b></u> : Chicken or beef tacos, rice, corn, beans <u><b>Line B</b></u> : Beef and cheese burrito or chicken fingers with rice and green beans <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Friday, October 10</b> <u><b>Line A</b></u> : Grilled ham & cheese sandwich, snack bag <u><b>Line B</b></u> : Popcorn chicken or pulled pork BBQ sandwich with fries and mixed veg. <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection
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<b>Monday, October 13</b> <b>Columbus Day</b>  <b>No School</b>	<b>Tuesday, October 14</b> <u><b>Line A</b></u> : Stromboli, sauce, side salad, croutons <u><b>Line B</b></u> : Spicy popcorn chicken or meatball sandwich with pasta and green beans <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Wednesday, October 15</b> <u><b>Line A</b></u> : Pasta, meatballs, tomato sauce, salad <u><b>Line B</b></u> : Turkey BBQ sandwich or chicken nuggets with pierogis and carrots <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Thursday, October 16</b> <u><b>Line A</b></u> : "Taco Bar", rice, corn, refried beans, salsa <u><b>Line B</b></u> : Spicy popcorn chicken or meatball sandwich with rice and peas <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection	<b>Friday, October 17</b> <u><b>Line A</b></u> : Pizza slice, garlic green beans <u><b>Line B</b></u> : Turkey BBQ sandwich or chicken nuggets with fries and mixed veggies <u><b>Line C</b></u> : K-12 Menu <u><b>Line D</b></u> : Salads and cold sandwich selection
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**YOU'RE GOOD**  
**ALL STUDENTS EAT**  
**ALL MEALS @NO COST**  
**AGAIN THIS YEAR**  
 Muhlenberg School District's Food Service Department

# NUTRITION *TO GO*

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

## A QUICK BITE FOR PARENTS

### ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!



**STRANGE BUT TRUE!**

<b>Monday, October 20</b> <b><u>Line A</u></b> : Buffalo chicken, garlic green beans  <b><u>Line B</u></b> : Chicken chunks or chicken patty sandwich with pasta and carrots  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Tuesday, October 21</b> <b><u>Line A</u></b> : Baked potato bar, assorted toppings, side salad  <b><u>Line B</u></b> : Max cheese filled sticks or BBQ chicken sandwich with pierogis  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Wednesday, October 22</b> <b><u>Line A</u></b> : Chicken finger basket, biscuit, sauce, corn  <b><u>Line B</u></b> : Chicken chunks or chicken patty sandwich with rice and mixed veggies  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Thursday, October 23</b> <b><u>Line A</u></b> : Taco salad, corn, refried beans  <b><u>Line B</u></b> : Max cheese filled sticks or BBQ chicken sandwich with potatoes  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Friday, October 24</b> <b><u>Line A</u></b> : Buffalo chicken wrap with cheese, rice, beans  <b><u>Line B</u></b> : Chicken chunks or chicken patty sandwich with fries and peas & carrots  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection
<b>Monday, October 27</b> <b><u>Line A</u></b> : Pizza slice, garlic green beans  <b><u>Line B</u></b> : Cheese steak hoagie or chicken chunks with pasta and mixed veg.  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Tuesday, October 28</b> <b><u>Line A</u></b> : "House made chicken quesadilla", rice  <b><u>Line B</u></b> : Spicy chicken sandwich or pizza crunchers with pierogis and peas  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Wednesday, October 29</b> <b><u>Line A</u></b> : Cold sandwich bar, lettuce, tomato, pickles  <b><u>Line B</u></b> : Cheese steak hoagie or chicken chunks with tater tots  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Thursday, October 30</b> <b><u>Line A</u></b> : Muhl Fil-A chicken sandwich, fries, hummus  <b><u>Line B</u></b> : Spicy chicken sandwich or pizza crunchers with rice and carrots  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection	<b>Friday, October 31</b> <b><u>Line A</u></b> : Chicken Caesar salad, garlic bread stick  <b><u>Line B</u></b> : Cheese steak hoagie or chicken chunks with fries and peas  <b><u>Line C</u></b> : K-12 Menu  <b><u>Line D</u></b> : Salads and cold sandwich selection