

Menus for October 2025



K-12 Café Menu

USDA is an equal opportunity provider and employer. Menus

Monday, September 29

Breakfast

Mini pancakes
Assorted muffins

Lunch

Mini corn dog nuggets
Rice pilaf
Baked beans
Peaches

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

Tuesday September, 30

Breakfast

Cinnamon bun
Assorted cereal

Lunch

Pepperoni Stromboli w/ sauce
Chickpea salad
Steamed mixed vegetables
Applesauce cup

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

Wednesday, October 1

Breakfast

Egg and cheese omelet
Assorted muffins

Lunch

Cheeseburger on wheat bun
Baked chips
Lettuce, tomato, dill pickles
Fruit snacks

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

Thursday, October 2

Breakfast

Breakfast pizza (sausage)
Assorted cereal

Lunch

Chicken nuggets with dip
French fries
Steamed green beans
Apple snack pack

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

Friday, October 3

Breakfast

Banana bread
Assorted muffins

Lunch

Chef's choice pizza day
Doritos
Side salad with ranch
Mixed berry cup

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

Monday, October 6

Breakfast

French toast sticks
Assorted cereal

Lunch

Chicken tenders w/ dip
Mac and cheese
Stewed tomatoes
Cinnamon apple slices

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

Tuesday, October 7

Breakfast

Mini donuts
Assorted muffins

Lunch

Individual cheese lasagna
Garlic knots, marinara sauce
Cooked carrots
Strawberry cup

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

Wednesday, October 8

Breakfast

Egg and cheese on roll
Assorted cereal

Lunch

General Tso's Chicken (*SOS)
White rice
Steamed broccoli
Pineapples
*Sauce on the side

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

Thursday, October 9

Breakfast

Mini waffles
Assorted muffins

Lunch

Brunch for Lunch
French toast sticks, syrup
Sausage, hash browns
Orange smiles

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

Friday, October 10

Breakfast

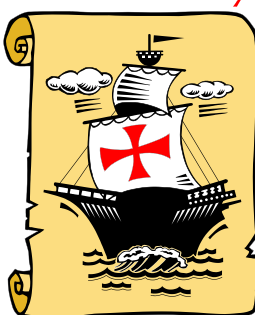
Strawberry filled mini bagel
Assorted cereal

Lunch

!Hispanic Heritage Festival!
Empanada de carne
Arroz con gandules, tortillas
Pico de gallo, guacamole
Ensalada de fruta
Pastel de chocolate
Jugo de manzana
Leche blanco
Agua

Monday, October 13

Columbus Day



No School

Tuesday, October 14

Breakfast

Lemon bread
Assorted cereal

Lunch

Pizza crunchers w/ sauce
Goldfish crackers
Tossed salad with dressing
Fresh fruit selection

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

Wednesday, October 15

Breakfast

Cereal bar
Assorted muffins

Lunch

Chicken fajita on tortillas
Spanish rice, tomato salsa
Refried beans, sour cream
Mixed fruit

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

Thursday, October 16

Breakfast

Dutch waffle
Assorted cereal

Lunch

Ham and cheese croissant
Potato stars
Steamed green peas
Applesauce

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

Friday, October 17

Breakfast

Bagel with cream cheese
Assorted muffins

Lunch

Cheese steak hoagie, sauce
Sun chips
Grilled onions and peppers
Side kick fruit ice

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'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!

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| Monday, October 20 Breakfast Benefit bar Assorted cereal Lunch Popcorn chicken bowl Mashed potatoes, gravy Buttered corn, dinner roll School cookie All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Tuesday, October 21 Breakfast Pop tarts Assorted muffins Lunch Pulled pork BBQ sandwich Tater tots Steamed green beans Graham crackers All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Wednesday, October 22 Breakfast Bacon, egg, cheese croissant Assorted cereal Lunch Sweet & sour chicken (*SOS) White rice Bright green broccoli Mandarin oranges *Sauce on the side All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Thursday, October 23 Breakfast Ultimate Breakfast Rounds Assorted muffins Lunch Turkey and cheese hoagie Baked chips Lettuce, tomato, pickles Peas All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Friday, October 24 Breakfast Blueberry muffin tops Assorted cereal Lunch Beef BBQ rib patty Buttered noodles Hot cooked peas and carrots Ice cream treat All meals will have a choice Of milk and juice Menu subject to change All meals served for free |
| Monday, October 27 Breakfast Breakfast calzone Assorted muffins Lunch Meatball hoagie with sauce Snack bag Steamed carrots Pineapples All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Tuesday, October 28 Breakfast Chocolate bread Assorted cereal Lunch Chicken parmesan Garlic bread stick, salad Pasta in tomato sauce Fruit salad All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Wednesday, October 29 Breakfast Sausage and cheese biscuits Assorted muffins Lunch Buffalo chicken salad Kaiser Snack bag Lettuce, tomato, pickles Whole wheat doughnut All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Thursday, October 30 Breakfast Breakfast pizza (bacon/egg) Assorted cereal Lunch Hot dog on wheat bun Mac and cheese Baked beans Fresh fruit selection All meals will have a choice Of milk and juice Menu subject to change All meals served for free | Friday, October 31 Breakfast Pumpkin bread Assorted muffins Lunch Max cheese filled sticks Marinara sauce Pretzels, peas Peaches and cream All meals will have a choice Of milk and juice Menu subject to change All meals served for free |