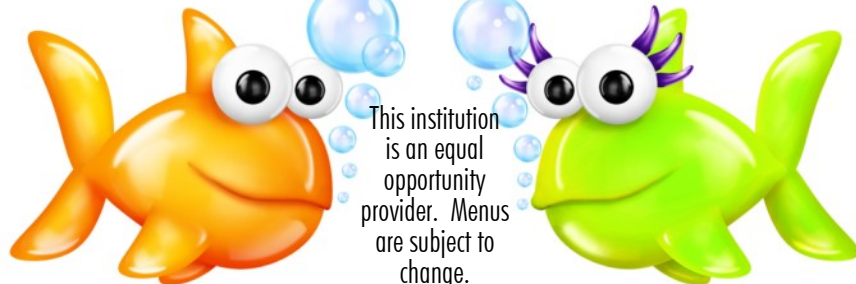


Menus for February 2024

Muhlenberg School District
K-12 Café Menu



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

Monday, February 5

Breakfast

Mini pancakes w/syrup
Assorted muffins

Lunch

Steak sandwich hoagie
Marinara sauce, Sun chips
Grilled onions and peppers
Fruit cocktail

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

Tuesday, February 6

Breakfast

Benefit bar
Assorted cereal

Lunch

Chicken tenders w/ dip
Mashed potatoes
Steamed peas & carrots
Pears

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

Wednesday, February 7

Breakfast

French toast sticks
Assorted muffins

Lunch

Ham and cheese grinder
Baked chips
Carrot sticks w/ ranch
Brownie

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

Thursday, February 8

Breakfast

Dutch waffle
Assorted muffins

Lunch

Rotini pasta with sauce
Meatballs marinara
Romaine salad
Fruit ice

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

Friday, February 9

Breakfast

Muhl muffin breakfast sand.
Assorted cereal

Lunch

Mini corn dog nuggets w/ dip
Seasoned rice
Cooked carrots
Ice cream sandwich

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

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

Monday, February 5

Breakfast

Mini pancakes w/syrup
Assorted muffins

Lunch

Steak sandwich hoagie
Marinara sauce, Sun chips
Grilled onions and peppers
Fruit cocktail

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

Tuesday, February 6

Breakfast

Benefit bar
Assorted cereal

Lunch

Chicken tenders w/ dip
Mashed potatoes
Steamed peas & carrots
Pears

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

Wednesday, February 7

Breakfast

French toast sticks
Assorted muffins

Lunch

Ham and cheese grinder
Baked chips
Carrot sticks w/ ranch
Brownie

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

Thursday, February 8

Breakfast

Bagel with cream cheese
Assorted cereal

Lunch

Honey BBQ chicken
Steamed rice
Steamed broccoli
Seasonal fruit selection

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

Friday, February 9

Breakfast

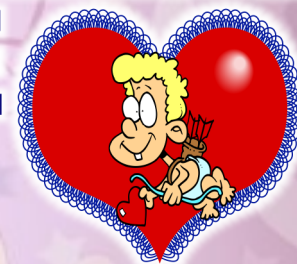
Breakfast quesadilla
Assorted muffins

Lunch

Pepperoni Stromboli w/ sauce
Snack bag
Tossed salad with dressing
Chef's choice fruit

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 ALL YEAR LONG

Muhlenberg School District Food Service Department

2024

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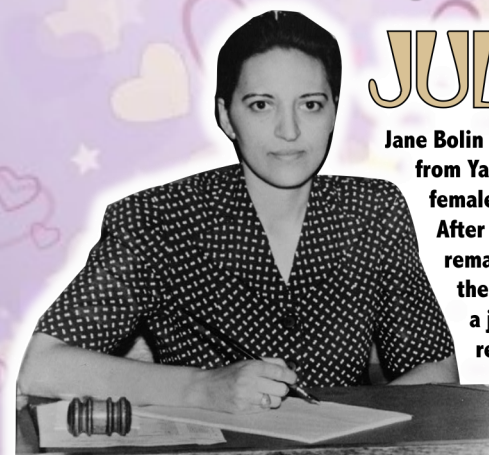
The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON



Every complete meal we serve comes with your choice of milk!



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast

Cinnamon roll
Assorted cereal

Lunch

Hot dog on wheat bun
French fries
Sauerkraut
Fresh apples

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

Tuesday, February 13

Breakfast

Mini Eggo waffles
Assorted muffins

Lunch

Hard shell tacos
Salsa, lettuce, tomato, cheese
Fiesta corn, ranch beans
Tropical fruit salad

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

Wed., February 14

Breakfast

Pop-Tart
Assorted cereal

Lunch

Tomato soup
Grilled cheese sandwich
Goldfish crackers
Pink heart cookie

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

Thursday, February 15

Breakfast

Hash brown w/ egg & cheese
Assorted muffins

Lunch

Muhl-Fil-A dill chicken sand.
Mac and cheese
Steamed green peas
Applesauce

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

Friday, February 16

Breakfast

Egg wrap
Assorted cereal

Lunch

Max cheese filled sticks
Marinara sauce
Raw veggies with dip
Fruit snacks

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



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast

Frudel
Assorted cereal

Lunch

Chef's choice BBQ on bun
Tater tots
Baked beans
Cinnamon apples

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

Wed., February 21

Breakfast

Breakfast pizza
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

Thursday, February 22

Breakfast

Yogurt with graham cookies
Assorted cereal

Lunch

Chicken pot pie
Bread and butter
Steamed corn
Applesauce

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

Friday, February 23

Breakfast

Mini apple donut holes
Assorted muffins

Lunch

Pizza slice w/ veggie toppings
Pretzels
Peas
Peaches

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

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Monday, February 26

Breakfast

Filled cocoa puff bar
Assorted cereal

Lunch

Chicken nuggets with dip
Scalloped potatoes
Mixed vegetables
Pineapples

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

Tuesday, February 27

Breakfast

Whole grain churro donut
Assorted muffins

Lunch

Cheeseburger on wheat bun
Baked chips
Lettuce, tomato, pickles
School cookie

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

Wed., February 28

Breakfast

Cheese omelet
Assorted cereal

Lunch

Chicken fajita on tortillas
Spanish rice, salsa
Grilled onion 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

Thursday, February 29

Breakfast

Filled cinnamon toast bar
Assorted muffins

Lunch

Beef-A-Roni
Garlic breadstick
Italian vegetable medley
Jell-O cup

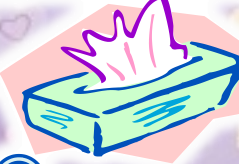
All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.