

Menus for May 2019

Muhlenberg High School

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

Available Daily

**Fresh fruit, milk, juice
with all meals!**

**4/29-5/3 Sloppy Joe, chicken
parmesan, BBQ rib patty**

**5/6-5/10 Buffalo chicken, chicken
nuggets, hot ham & cheese**

**5/13-5/17 Cheese steak, popcorn
chicken, Max cheese stix**

**5/20-5/24 Meatball hoagie,
chicken tenders, hot wings**

**5/27-5/31 Sausage sandwich,
chicken patty, grilled chicken**

Featured Specials of the Day

Wednesday, May 1

Chicken quesadilla with salsa
Rice and beans, lettuce and tomato salad w/dressing, cookie

Thursday, May 2

Chicken patty on wheat bun
Sweet potato bites, lettuce, tomato, pickles, sliced apples

Friday, May 3

Ham and cheese hoagie
Baked chips, lettuce, tomato, peaches

Monday, May 6

Salisbury steak with gravy
Mashed potatoes, steamed green peas, applesauce

Tuesday, May 7

Pulled pork BBQ on bun
Rice, hot vegetable, fruit snack

Wednesday, May 8

Chicken nuggets with dip
Mac and cheese, stewed tomatoes, pears

Thursday, May 9

Pizza dippers with marinara sauce
Romaine salad w/dressing, doughnut

Friday, May 10

Hot dog on wheat bun
Tater tots, baked beans, pudding cup

Fresh fruit, vegetable, milk, juice
Available daily

Menu subject to change

Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

SAFETY FIRST.



Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

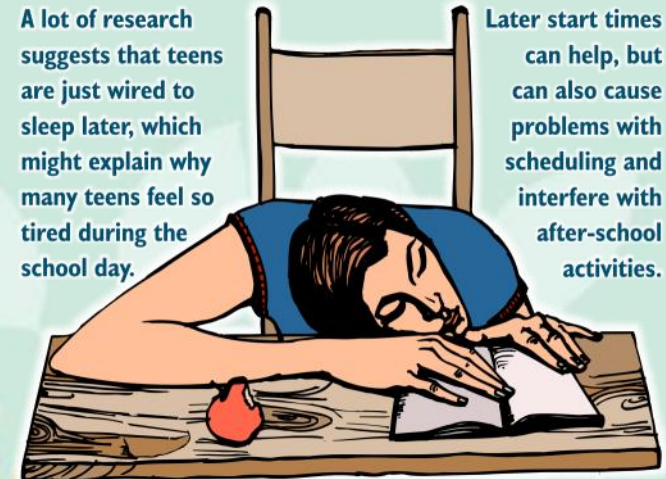
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

**Mother's Day is Sunday, May 12
Don't forget Mom!**



A lot of research suggests that teens are just wired to sleep later, which might explain why many teens feel so tired during the school day.

Later start times can help, but can also cause problems with scheduling and interfere with after-school activities.



8-10 BY THE NUMBERS
THE AMERICAN ACADEMY OF PEDIATRICS SAYS TEENS NEED 8-10 HOURS OF SLEEP PER NIGHT.

Featured Specials of the Day

Monday, May 13

Cheeseburger on wheat bun
Sweet potatoes, steamed broccoli, fruit cocktail

Tuesday, May 14

Beef tacos on flour tortillas
Rice and beans, salsa, lettuce, tomato, cheese, pineapples

Wednesday, May 15

Meatball hoagie with tomato sauce
French fries, Cole slaw, Jell-O

Thursday, May 16

French toast slice with syrup
Hash brown patty, sausage patty, sliced oranges

Friday, May 17

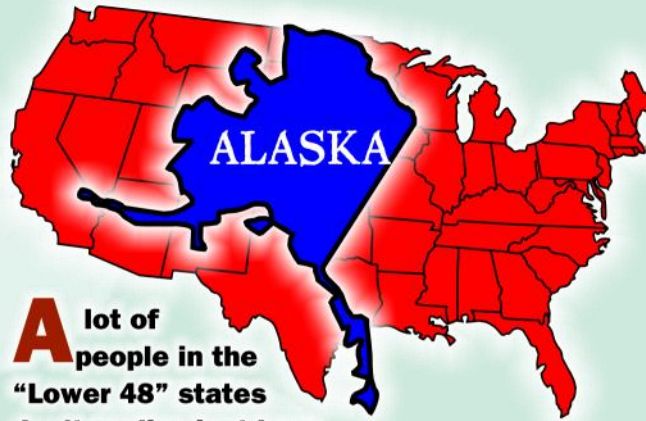
Pizza slice with toppings
Baked chips, side salad, school cookie

Fresh fruit, vegetable, milk, juice
Available daily

Menu subject to change

Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

Please see the other page
for items available daily



A lot of people in the “Lower 48” states don’t realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don’t equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

Featured Specials of the Day

Monday, May 20

Orange chicken
White rice, steamed broccoli, mandarin oranges

Tuesday, May 21

Grilled cheese sandwich
Fresh tomato salad, snack bag, grapes

Wednesday, May 22

Popcorn chicken with dip
Buttered corn, cooked carrots, apple slices

Thursday, May 23

Pasta with meat sauce
Garlic bread stick, side salad, side kick fruit ice

Friday, May 24

No lunch today
See you next week

Monday, May 27

MEMORIAL DAY ❖ **NO SCHOOL TODAY**

Tuesday, May 28

Bosco cheese filled sticks
Marinara sauce, garden salad w/dressing, apple sauce

Wednesday, May 29

Assorted hot sandwiches
Chef’s choice side dish, sandwich toppings, banana

Thursday, May 30

Assorted cold sandwiches
Caesar salad, carrot bag, ice cream cup

Friday, May 31

Mini corn dogs with dip
Scalloped potatoes, steamed green beans, whole fresh fruit

Fresh fruit, vegetable, milk, juice
Available daily

Menu subject to change

Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

eat fit

wanna stay fit?
gotta eat right!

item:
Chinese
carry-out

verdict:
consider
your sauces



tip: Although the nutritional content of Chinese food varies greatly, you can make it healthier. Look for dishes that feature vegetables instead of meat or noodles. Ask for extra broccoli, snow peas or other veggies. Avoid deep-fried stuff. Ask for brown rice instead of white. And get the sauce on the side or leave some of the sauce in the carton.

