

# Menus for May 2019

## Muhlenberg Middle School

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



**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!

# CINCO de MAYO

Cinco de Mayo (Spanish for “May Fifth”) is a time to celebrate Mexican-American food and culture in the U.S. It’s a much bigger deal here than it is in Mexico!

### Wednesday, May 1

#### Breakfast

Pop tart  
Assorted cereal

#### Lunch

Chicken quesadilla w/salsa  
Rice and beans  
Tossed salad with dressing  
School cookie

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

### Thursday, May 2

#### Breakfast

Ultimate breakfast round  
Assorted muffins

#### Lunch

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

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

### Friday, May 3

#### Breakfast

Waffles  
Assorted cereal

#### Lunch

Meatball hoagie  
Baked chips  
Lettuce, tomato  
Peaches

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

## 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!**

### Monday, May 6

#### Breakfast

Egg taco  
Assorted muffins

#### Lunch

Chicken fajita w/ tortillas  
Refried beans  
Peppers and onions, salsa  
Applesauce

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

### Tuesday, May 7

#### Breakfast

Cinnamon roll  
Assorted cereal

#### Lunch

Pulled pork BBQ on bun  
Rice  
Hot vegetable  
Fruit snack

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

### Wednesday, May 8

#### Breakfast

Mini pancakes  
Assorted muffins

#### Lunch

Chicken nuggets with dip  
Mac and cheese  
Stewed tomatoes  
Pears

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

### Thursday, May 9

#### Breakfast

Milk and cereal bar  
Assorted cereal

#### Lunch

Max cheese filled sticks  
Marinara sauce  
Romaine salad w/dressing  
Doughnut

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

### Friday, May 10

#### Breakfast

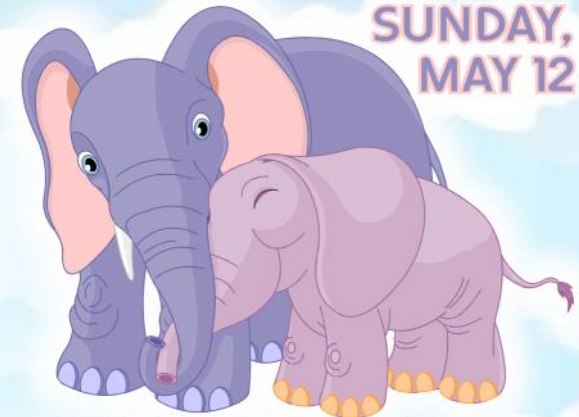
Breakfast pizza  
Assorted muffins

#### Lunch

Hot dog on wheat bun  
Fries  
Baked beans  
Pudding cup

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

## MOTHER’S DAY SUNDAY, MAY 12





Monday, May 13

**Breakfast**

Breakfast wrap  
Assorted cereal

**Lunch**

Cheeseburger on wheat bun  
Sweet potatoes  
Steamed broccoli  
Fruit cocktail

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Tuesday, May 14

**Breakfast**

Mini pancakes  
Assorted muffins

**Lunch**

Beef tacos on flour tortillas  
Rice and black beans  
Salsa, lettuce, tomato, cheese  
Pineapples

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Wednesday, May 15

**Breakfast**

Bagler  
Assorted cereal

**Lunch**

Meatball hoagie w/sauce  
Baked chips  
Cole slaw  
Jell-O

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Thursday, May 16

**Breakfast**

Cereal bar  
Assorted muffins

**Lunch**

French toast slice w/syrup  
Hash brown patty  
Sausage patty  
Sliced oranges

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Friday, May 17

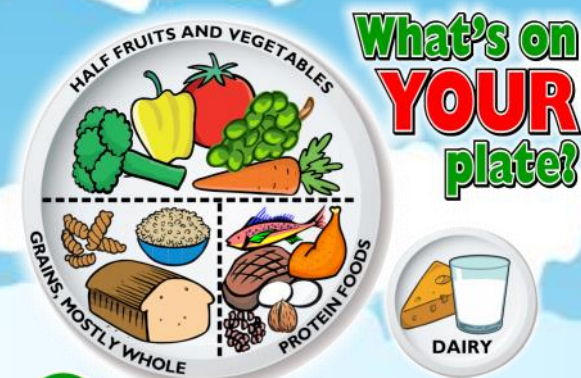
**Breakfast**

Mini pancakes  
Assorted cereal

**Lunch**

Pizza slice w/ toppings  
Baked chips  
Side salad  
School cookie

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60



**Q: Where do we get most of the tomatoes we eat?**

**A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.**



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 20

**Breakfast**

Nutrigrain bar  
Assorted muffins

**Lunch**

Orange chicken  
White rice  
Steamed broccoli  
Mandarin oranges

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Tuesday, May 21

**Breakfast**

Pop tart  
Assorted cereal

**Lunch**

Cheese burger on wheat bun  
Snack bag  
Lettuce, tomato, pickles  
Fruit

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Wednesday, May 22

**Breakfast**

Mini French toast  
Assorted muffins

**Lunch**

Popcorn chicken with dip  
Buttered corn  
Cooked carrots  
Apple slices

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Thursday, May 23

**Breakfast**

Fruit, yogurt, granola bar  
Assorted cereal

**Lunch**

Pasta with meat sauce  
Garlic bread stick  
Side salad  
Side kick fruit ice

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Friday, May 24

**Breakfast**

Waffles  
Assorted muffins

**Lunch**

No lunch  
Today  
See you  
Next week

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Monday, May 27



Tuesday, May 28

**Breakfast**

Mini cinns  
Assorted muffins

**Lunch**

Max cheese filled sticks  
Marinara sauce  
Garden salad w/dressing  
Apple sauce

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Wednesday, May 29

**Breakfast**

Cheese omelet  
Assorted cereal

**Lunch**

Assorted hot sandwiches  
Chef's choice side dish  
Sandwich toppings  
Banana

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Thursday, May 30

**Breakfast**

Pop tart  
Assorted muffins

**Lunch**

Pizza slice with toppings  
Caesar salad  
Carrot bag  
Ice cream cup

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

Friday, May 31

**Breakfast**

Chef's choice  
Assorted cereal

**Lunch**

Mini corn dogs with dip  
Smile fries  
Steamed green beans  
Whole fresh fruit

All meals will have a choice  
Of milk and juice  
Menu subject to change  
Brkfst \$1.55 \$ lunch \$2.60

## NUTRITION TO GO

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

**A QUICK BITE FOR PARENTS**