

Menus for March 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!**

**3/4-3/8 Sausage hoagie, chicken
parmesan, rib patty**

**3/11-3/15 Sloppy Joe BBQ, chicken
nuggets, hot wings**

**3/18-3/22 Buffalo chicken hoagie,
popcorn chicken, hot ham and
cheese sandwich**

**3/25-3/29 Meatball hoagie,
chicken tenders, Max cheese stix**

Fish sticks available Fridays

Featured Specials of the Day

Friday, March 1
Cheeseburger on wheat bun
Baked chips, lettuce, tomato, pickles, assorted fruits

Monday, March 4
Max Cheese filled sticks
Marinara sauce, tossed salad with dressing, peaches

Tuesday, March 5
Chicken patty on roll
Sweet potato fries, steamed broccoli, pears

Wednesday, March 6
Pasta with meat sauce
Garlic bread stick, tossed salad with dressing, mixed fruit

Thursday, March 7
Hot dog on wheat bun
Mashed potatoes, baked beans, cookie

Friday, March 8
Chicken quesadilla with salsa
Seasoned rice, fiesta corn, pineapples

Fresh fruit, vegetable, milk, juice
Available daily
Menu subject to change
Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

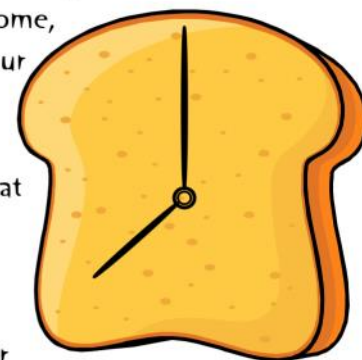
**SCHOOL
BREAKFAST**

START YOUR ENGINES!

**YO! Join us March 4-8 for
National School Breakfast Week 2019**

OFF THE CLOCK.

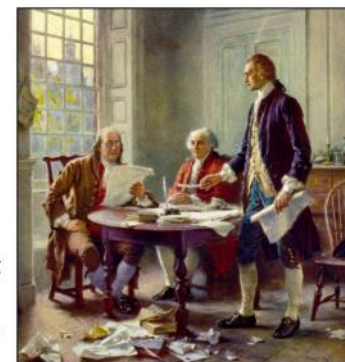
A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests we learn and feel better when we eat TWO smaller healthy breakfasts.



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

★ OUR NATION'S HISTORY ★

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States – and they also became



bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 – exactly 50 years to the day from the signing of their Declaration.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

eat fit

wanna stay fit?
gotta eat right!



item: bananas
verdict: peel away

tip: Bananas are a perfect portable breakfast or snack! Athletes love them before a workout for their easily digestible carb fuel and after a workout with a protein food like peanut butter for recovery. Bananas even replace potassium lost during prolonged exercise!



Based on one medium banana

Please see the other page for items available daily

Featured Specials of the Day

Monday, March 25
Pork BBQ on wheat bun
Tater tots, green beans, pudding cup

Tuesday, March 26
Beef nachos with tortilla chips
Refried beans, cheese sauce, lettuce, tomato, fruit filled churro

Wednesday, March 27
Orange chicken
White rice, steamed broccoli, mandarin oranges

Thursday, March 28
Baked chicken pieces
Wheat dinner roll, mashed potatoes, corn, sliced apples

Friday, March 29
Hot turkey sandwich
Snack bag, cooked carrots, pickles, side kick fruit ice

Fresh fruit, vegetable, milk, juice
Available daily
Menu subject to change
Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

Featured Specials of the Day

Monday, March 11
Meatball hoagie on roll
Baked chips, Cole slaw or salad, assorted fruits

Tuesday, March 12
Individual cheese lasagna with marinara sauce
Dinner roll, romaine salad, fresh sliced apples

Wednesday, March 13
Chicken fajita with flour tortillas and salsa
Rice and beans, onions and peppers, fruit filled churro

Thursday, March 14
Plain cheese pizza slice
Pretzels, peas, pie

Friday, March 15
"Irish fish and chips"
Fish sticks & French fries, green peas, St. Pats' cookie

Fresh fruit, vegetable, milk, juice
Available daily
Menu subject to change
Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

Featured Specials of the Day

Monday, March 18
Chicken nuggets with dip
Scalloped potatoes, steamed carrots, fresh oranges

Tuesday, March 19
Pepperoni Stromboli
Tomato sauce, tossed salad with dressing, apple sauce

Wednesday, March 20
Turkey and cheese hoagie
Doritos, lettuce, tomato, pickles, cranberries

Thursday, March 21
Baked chicken strips with dip
Mac and cheese, steamed mixed vegetables, banana

Friday, March 22
Ham and cheese pretzel bun
Baked chips, cucumber salad, ice cream cup

Fresh fruit, vegetable, milk, juice
Available daily
Menu subject to change
Breakfast \$1.55—lunch \$2.60—a la carte \$2.75

THE A LIST

Top 10 Artists for the whole year of 2018

- 1/Drake
- 2/Post Malone
- 3/Cardi B 4/Ed Sheeran
- 5/Imagine Dragons
- 6/Camila Cabello
- 7/XXXTentacion 8/Ariana Grande
- 9/Migos
- 10/Maroon 5

Source: Billboard