

# Menus for March 2019

## Muhlenberg Middle School

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



### Friday, March 1

#### Breakfast

Cini minis  
Assorted muffins

#### Lunch

Cheeseburger on wheat bun  
Baked chips  
Lettuce, tomato, pickles  
Assorted fruits

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

**SCHOOL BREAKFAST**

**START YOUR ENGINES!**

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

### Monday, March 4

#### Breakfast

Breakfast pizza  
Assorted cereal

#### Lunch

Max cheese filled sticks  
Marinara sauce  
Tossed salad w/dressing  
Peaches

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

### Tuesday, March 5

#### Breakfast

Frudel  
Assorted muffins

#### Lunch

Chicken patty on roll  
Sweet potato fries  
Steamed broccoli  
Pears

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

### Wednesday, March 6

#### Breakfast

Breakfast wrap  
Assorted cereal

#### Lunch

Pasta with meat sauce  
Garlic bread stick  
Tossed salad w/dressing  
Mixed fruit

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

### Thursday, March 7

#### Breakfast

Fruit, yogurt, granola bar  
Assorted muffins

#### Lunch

Hot dog on wheat bun  
Mashed potatoes  
Baked beans  
Cookie

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

### Friday, March 8

#### Breakfast

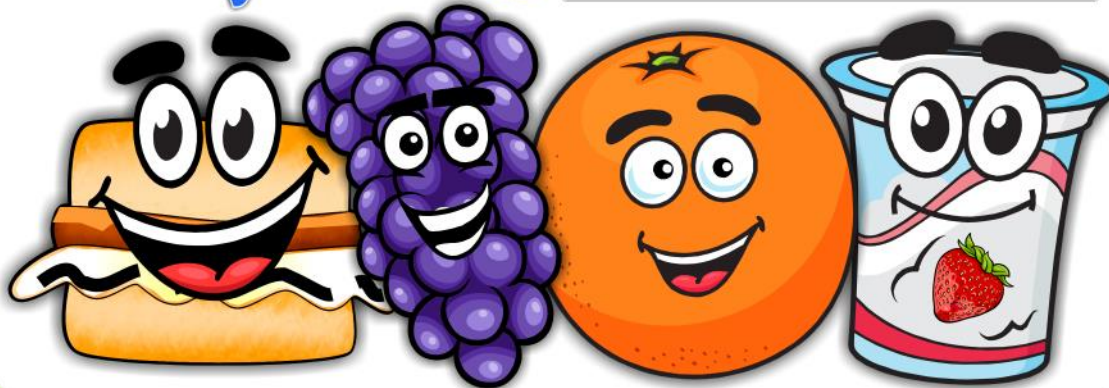
Assorted muffins  
Assorted cereal

#### Lunch

Chicken quesadilla w/ salsa  
Seasoned rice  
Fiesta corn  
Pineapples

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

come join us for **Breakfast@School**



## 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 kids learn and feel better when they eat TWO smaller healthy breakfasts.



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

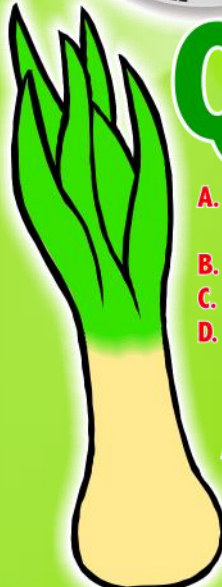
## Spring Forward



**Sunday, March 10**



# What's on YOUR plate?



## Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

**A:** The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

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)

## MANY MOONS

*Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.*

**Monday, March 11**

**Breakfast**  
Mini waffles  
Assorted muffins

**Lunch**  
Meatball hoagie on roll  
Baked chips  
Cole slaw or salad  
Assorted fruits

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

**Tuesday, March 12**

**Breakfast**  
Mini French toast  
Assorted cereal

**Lunch**  
Individual cheese lasagna  
Marinara sauce  
Dinner roll, romaine salad  
Strawberries

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

**Wednesday, March 13**

**Breakfast**  
Bagler  
Assorted muffins

**Lunch**  
Chicken fajita w/ tortillas  
Rice and beans  
Onions and peppers, salsa  
Fruit filled churro

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

**Thursday, March 14**

**Breakfast**  
Cereal bar  
Assorted cereal

**Lunch**  
Plain cheese pizza slice  
Snack bag  
Peas  
Pie

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

**Friday, March 15**

**Breakfast**  
Cheese omelet  
Assorted muffins

**Lunch**  
"Irish fish and chips"  
Fish sticks & French fries  
Green peas  
St. Pats's cookie

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

**Monday, March 18**

**Breakfast**  
Pop tart  
Assorted cereal

**Lunch**  
Chicken nuggets with dip  
Scalloped potatoes  
Steamed carrots  
Orange smiles

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

**Tuesday, March 19**

**Breakfast**  
Egg wrap  
Assorted muffins

**Lunch**  
Pepperoni Stromboli  
Tomato sauce  
Tossed salad with dressing  
Banana

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

**Wednesday, March 20**

**Breakfast**  
Banana bread  
Assorted cereal

**Lunch**  
Turkey and cheese hoagie  
Doritos  
Lettuce, tomato, pickles  
Strawberries

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

**Thursday, March 21**

**Breakfast**  
Mini pancakes  
Assorted muffins

**Lunch**  
Baked chicken strips w/ dip  
Mac and cheese  
Steamed mixed vegetables  
Applesauce

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

**Friday, March 22**

**Breakfast**  
Cinnamon bun  
Assorted cereal

**Lunch**  
Ham and cheese pretzel bun  
Baked chips  
Cucumber salad  
Ice cream cup

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

**Monday, March 25**

**Breakfast**  
Frudel  
Assorted muffins

**Lunch**  
Pork BBQ on wheat bun  
Tater tots  
Green beans  
Pudding cup or Jell-O cup

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

**Tuesday, March 26**

**Breakfast**  
Cinni minis  
Assorted cereal

**Lunch**  
Beef nachos w/Tortilla chips  
Refried beans, cheese sauce  
Lettuce, tomato, salsa  
Fruit filled churro

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

**Wednesday, March 27**

**Breakfast**  
Breakfast pizza  
Assorted muffins

**Lunch**  
Orange chicken  
White rice  
Steamed broccoli  
Mandarin oranges

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

**Thursday, March 28**

**Breakfast**  
Egg tac-go  
Assorted cereal

**Lunch**  
Baked chicken pieces  
Wheat dinner roll  
Mashed potatoes, corn  
Strawberries

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

**Friday, March 29**

**Breakfast**  
Waffles  
Assorted muffins

**Lunch**  
Max cheese filled sticks  
Marinara sauce  
Romaine salad with croutons  
Side kick fruit ice

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