

MENUS FOR OCTOBER 2026



K-12 Café Menu

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

Monday, October 5

Breakfast

Mini pancakes
Assorted cereal

Lunch

Mini corn dog nuggets
Rice pilaf
Baked beans
Peaches

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

Tuesday, October 6

Breakfast

Cinnamon bun
Assorted muffins

Lunch

Pepperoni Stromboli, sauce
Chickpea salad
Steamed mixed vegetables
Applesauce cup

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

Wednesday, October 7

Breakfast

Egg and cheese omelet
Assorted cereal

Lunch

Cheeseburger on wheat bun
Baked chips
Lettuce, tomato, dill pickles
Fruit snacks

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

Thursday, October 8

Breakfast

French toast sticks
Assorted muffins

Lunch

Chicken tenders w/ dip
Mac and cheese
Stewed tomatoes
Cinnamon apple slices

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

Friday, October 9

Breakfast

Lemon bread
Assorted cereal

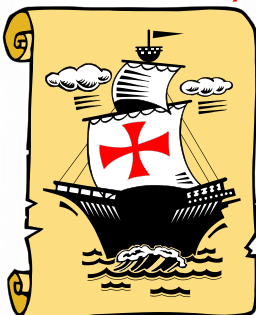
Lunch

Pizza crunchers w/ sauce
Goldfish crackers
Tossed salad with dressing
Fresh fruit selection

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

Monday, October 12

Columbus Day



No School

Tuesday, October 13

Breakfast

Breakfast pizza
Assorted cereal

Lunch

General Tso's Chicken
White rice
Steamed broccoli
Pineapples

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

Wednesday, October 14

Breakfast

Mini donuts
Assorted muffins

Lunch

Individual cheese lasagna
Garlic knots, marinara sauce
Cooked carrots
Fruit cup

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

Thursday, October 15

Breakfast

Fresh fruit & graham cracker
Assorted cereal

Lunch

Brunch for Lunch
French toast sticks, syrup
Sausage, hash browns
Orange smiles

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

Friday, October 16

Breakfast

Bagel with cream cheese
Assorted muffins

Lunch

Cheese steak hoagie, sauce
Sun chips
Grilled onions 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, October 1

Breakfast

Breakfast pizza—egg, bacon
Assorted cereal

Lunch

Chicken nuggets with dip
French fries
Steamed green beans
Apple snack pack

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

Friday, October 2

Breakfast

Banana bread
Assorted muffins

Lunch

Chef's choice pizza day
Buttered corn
Side salad with ranch
Fruit cup

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

★OUR NATION'S HISTORY★

The United States National Park Service was created 110 years ago in 1916. One year later, Yellowstone National Park became the first park managed by the new service. In 2025, recreation visits to all 400+ Park Service sites topped 320 million!



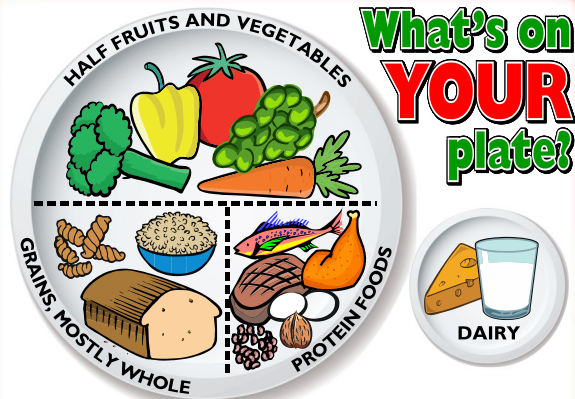
★WITH LIBERTY & JUSTICE FOR ALL★



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

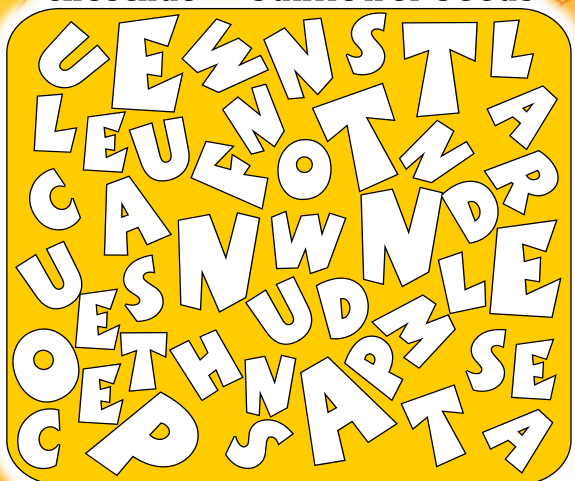
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER:

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, October 19

Breakfast

Benefit bar
Assorted cereal

Lunch

Popcorn chicken bowl
Mashed potatoes, gravy
Buttered corn, dinner roll
Peaches

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

Tuesday, October 20

Breakfast

Breakfast egg roll
Assorted muffins

Lunch

Muhl muffin sandwich w/o
Sausage patty
Potato stars
Fresh orange slices

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

Wednesday, October 21

Breakfast

Dutch waffle
Assorted cereal

Lunch

Chicken fajita on tortillas
Spanish rice, tomato salsa
Refried beans, sour cream
Mixed fruit

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

Thursday, October 22

Breakfast

Egg and cheese omelet
Assorted muffins

Lunch

Cheeseburger on wheat bun
Baked chips
Lettuce, tomato, dill pickles
Pears

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

Friday, October 23

Breakfast

Ultimate Breakfast Rounds
Assorted cereal

Lunch

Early Dismissal Lunch
Cold sandwich, snack bag
Lettuce, tomato, pickles
Whole small local apple

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

Monday, October 26

Breakfast

Breakfast calzone
Assorted muffins

Lunch

Meatball hoagie with sauce
Tater tots
Steamed carrots
Pineapples

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

Tuesday, October 27

Breakfast

Chocolate bread
Assorted cereal

Lunch

Chicken parmesan
Garlic bread stick, salad
Pasta in tomato sauce
Fruit salad

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

Wednesday, October 28

Breakfast

Chicken sausage pizza
Assorted muffins

Lunch

Hot dog on wheat bun
Mac and cheese
Baked beans
Fresh fruit selection

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

Thursday, October 29

Breakfast

Blueberry muffin tops
Assorted cereal

Lunch

Beef BBQ rib patty
Buttered noodles
Hot cooked peas and carrots
Peaches and cream

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

Friday, October 30

Breakfast

Pumpkin bread
Assorted muffins

Lunch

Max cheese filled sticks
Marinara sauce
Pretzels, peas
Ice cream treat

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

HORSESHOE CRABS HAVE EXISTED FOR 450

MILLION YEARS AND ARE
CONSIDERED TO BE **LIVING**

FOSSILS! THEY AREN'T
REALLY CRABS, OR EVEN
CRUSTACEANS - THEY'RE
RELATED TO **SPIDERS!**

HORSESHOE CRABS HAVE BEEN
OVERFISHED FOR USE AS BAIT AND
FERTILIZER, BUT THEY MIGHT BE MISSED:

IT TURNS OUT THAT AT LEAST ONE SPECIES OF

ENDANGERED MIGRATING SHORE BIRD TIMES ITS TRIP TO **EXACTLY** WHEN THE HORSESHOE CRABS' NUTRIENT-RICH EGGS ARE AVAILABLE TO FUEL ITS
LONG-DISTANCE FLIGHT. NO CRABS, NO EGGS, **NO BIRDS**. AND, **OH YEAH**, IT ALSO TURNS OUT THE CRABS' **BLUE BLOOD** CONTAINS A
SUBSTANCE THAT IS INCREDIBLY USEFUL IN MEDICAL APPLICATIONS FOR US HUMANS, TOO. **MIGHT BE GOOD** IF THEY STUCK AROUND AWHILE!



STRANGE
BUT TRUE!