

MENUS FOR OCTOBER 2026



High School Specials Menu

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

Monday, October 5

Line A: Pizza slice, green beans, side salad

Line B: Pulled pork sandwich or chicken nuggets with pasta and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, October 6

Line A: Fajita chicken, peppers & onions, rice, broc.

Line B: Chicken patty sandwich or cheese steak pinwheels with pierogis

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, October 7

Line A: Ham and cheese croissant, tater tots, carrots

Line B: Pulled pork sandwich or chicken nuggets with mac & cheese and veg.

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, October 8

Line A: Hard shell tacos, rice, corn, refried beans

Line B: Chicken patty sandwich or cheese steak pinwheels with rice and corn

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, October 9

Line A: Cheeseburger, baked chips, pickles, veggies

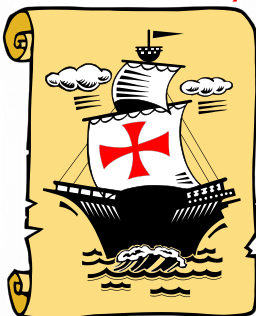
Line B: Pulled pork sandwich or chicken nuggets with fries and veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Monday, October 12

Columbus Day



No School

Tuesday, October 13

Line A: Stromboli, tomato sauce, side salad

Line B: Spicy chicken sandwich or orange chicken with pierogis and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, October 14

Line A: Pasta, tomato sauce, meatballs, side salad

Line B: Popcorn chicken or corn dogs with tater tots and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, October 15

Line A: Chicken fingers, baked potato, buttered corn

Line B: Spicy chicken patty sandwich or orange chicken and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, October 16

Line A: Pizza slice, onion rings, side salad

Line B: Popcorn chicken or corn dogs with fries and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, October 1

Line A: Soft shell tacos, rice, corn, refried beans

Line B: Beef and cheese burrito or spicy popcorn chicken with rice and beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, October 2

Line A: Pizza, garlic green beans, side salad

Line B: Grilled chicken sandwich or Max cheese filled sticks with fries/veg.

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

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!



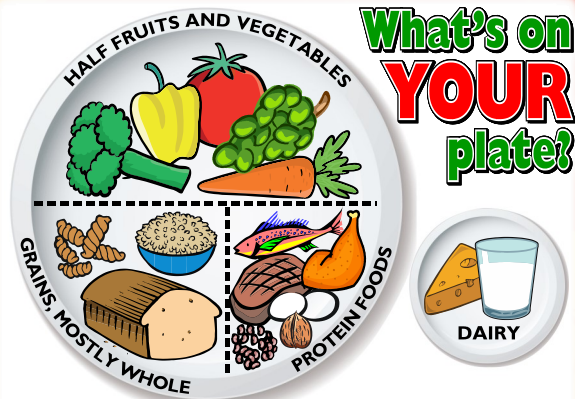
★WITH LIBERTY & JUSTICE FOR ALL★



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.

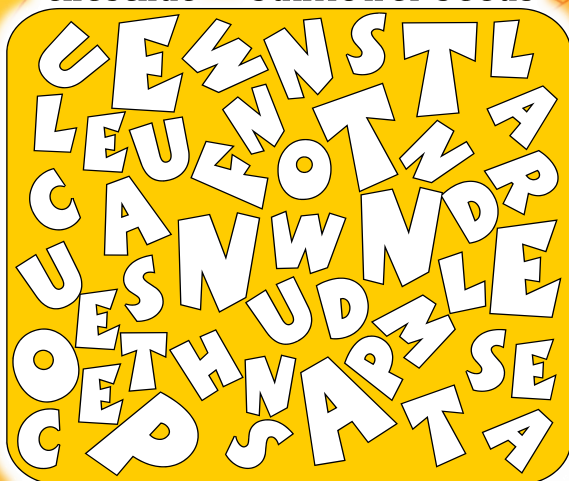
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



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

Line A: Stromboli, tomato sauce, side salad

Line B: Meatball hoagie or Bosco cheese filled sticks or fish sticks with pasta, beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, October 20

Line A: Baked chicken basket, potatoes/corn/biscuit

Line B: Buffalo chicken wrap or chicken tenders with pierogis and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, October 21

Line A: Build Your Own Burrito Bar!

Line B: Meatball hoagie or Bosco cheese filled sticks or fish sticks with mac & cheese

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, October 22

Line A: Beef or chicken taco salad, salsa, sour cream

Line B: Grilled ham and cheese sandwich or chicken tenders with rice and corn

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, October 23

Line A: French bread pizza, side salad

Line B: Meatball hoagie or Bosco sticks or fish sticks with fries and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Monday, October 26

Line A: Pizza slice, side salad w/dressing

Line B: Chicken nuggets or BBQ rib sandwich with pasta and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, October 27

Line A: Big Mac Wrap, lettuce, tomato, cheese, chips

Line B: Max cheese filled sticks or buffalo chicken sub with pierogis and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, October 28

Line A: Chicken alfredo, penne pasta, broccoli, bread

Line B: Chicken nuggets or BBQ rib sandwich with baby cakes and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, October 29

Line A: Beef and cheese burrito, salsa, sour cream

Line B: Max cheese filled sticks or buffalo chicken sub with rice or corn

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, October 30

Line A: Cold sandwich bar, lettuce, tomato, pickles

Line B: Chicken nuggets or BBQ rib sandwich with fries and mixed veggies

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

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:



STRANGE BUT TRUE!

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!