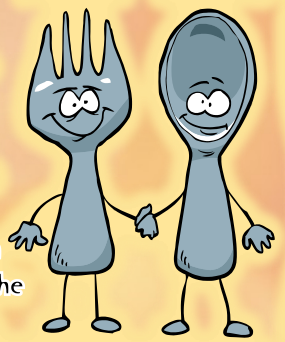
K-12 Café Menu

Menus for NOVEMBER 2026

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

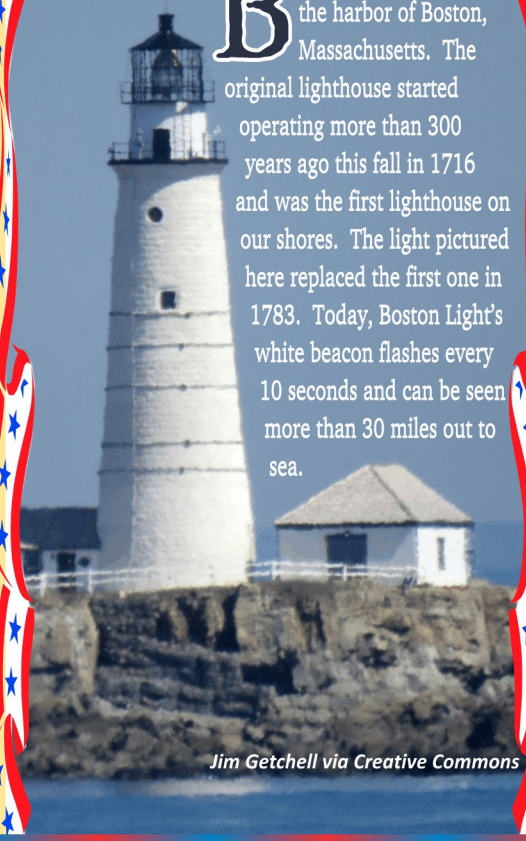
THE FAMILY THAT EATS TOGETHER.



Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

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

★ Our Nation's History ★



Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating more than 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

Jim Getchell via Creative Commons

★ With Liberty & Justice for All ★

Monday, November 2

Breakfast
Mini pancakes
Assorted muffins

Lunch
Chicken quesadilla
Salsa and rice
Steamed peas
Fresh fruit selection

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

Tuesday, November 3

NO SCHOOL TODAY

Make sure your family votes!

Wed., November 4

Breakfast
Cinnamon bun
Assorted muffins

Lunch
Chef's choice chicken
Buttered noodles
Diced cooked carrots
Mixed fruit

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

Thursday, November 5

Breakfast
Banana bread slice
Assorted cereal

Lunch
Grilled cheese sandwich
Tomato soup
Goldfish crackers
Peaches

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

Friday, November 6

Breakfast
Scrambled eggs w/cheese
Assorted muffins

Lunch
Meatball hoagie marinara
Baked chips, mozzarella
Garlic green beans
Pears

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

Monday, November 9

Breakfast
Blueberry muffin
Assorted cereal

Lunch
French toast with syrup
Sausage patty
Hash brown patty
Orange smiles

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

Tuesday, November 10

Breakfast
Cheese omelet
Assorted muffins

Lunch
Beef cheeseburger on bun
Sweet potato fries
Lettuce, tomato, pickles
Applesauce

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

Wed., November 11

Breakfast
Apple Frudel
Assorted cereal

Lunch
Ham and cheese on croissant
Steamed corn
Chickpea salad
Sliced Peaches

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

Thursday, November 12

Breakfast
Breakfast pizza (Tony's)
Assorted muffins

Lunch
Orange chicken
Brown rice
Steamed broccoli
Mandarin oranges

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

Friday, November 13

Breakfast
Mini waffles
Assorted cereal

Lunch
Mickey's pizza slice
Side salad with dressing
Carrot sticks with ranch dip
Sliced apples

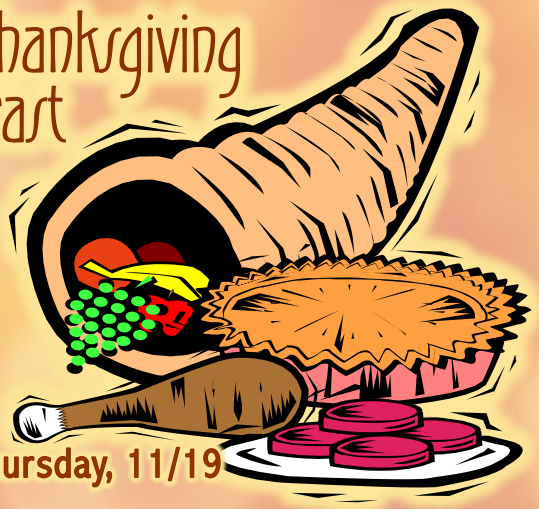
All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Muhlenberg School District Food Service Department

Thanksgiving Feast

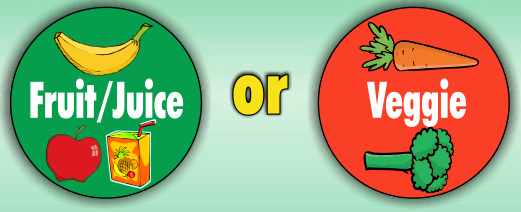


Thursday, 11/19

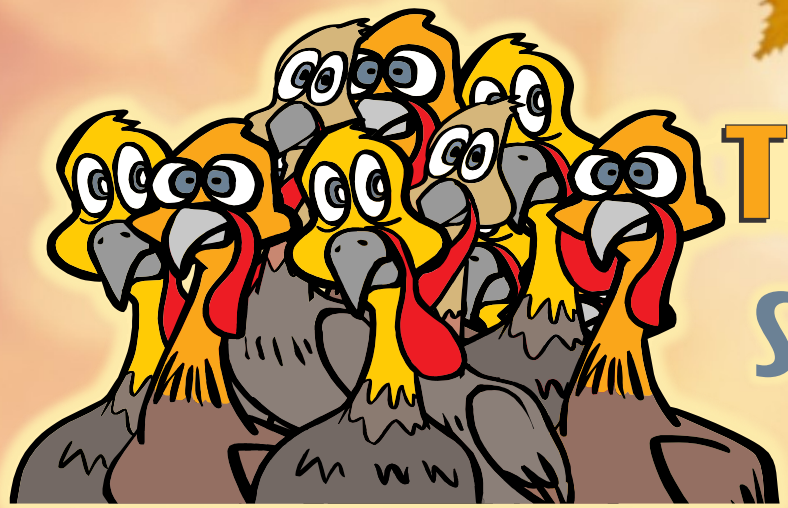
Monday, November 16	Tuesday, November 17	Wed., November 18	Thursday, November 19	Friday, November 20
Breakfast French toast Assorted muffins **Lunch** Steak stuffed pinwheels Marinara sauce Garlic green beans Peaches All meals will have a choice Of milk and juice Menu subject to change All meals served for free	**Breakfast** Breakfast burrito Assorted cereal **Lunch** Boneless wings with dip Rice pilaf Steamed broccoli Cinnamon apples All meals will have a choice Of milk and juice Menu subject to change All meals served for free	**Breakfast** Dutch waffle Assorted muffins **Lunch** Hot dog on wheat bun Baked beans Mac and cheese Fresh fruit selection All meals will have a choice Of milk and juice Menu subject to change All meals served for free	**Breakfast** Western omelet Assorted cereal **Lunch** Roast turkey, dinner roll Mashed potatoes with gravy Buttered corn, cranberries Pumpkin dessert All meals will have a choice Of milk and juice Menu subject to change All meals served for free	**Breakfast** Cinnamon bun Assorted muffins **Lunch** Max cheese filled sticks Marinara sauce, snack bag Chef's choice salad or veggie Individual wrapped cookie All meals will have a choice Of milk and juice Menu subject to change All meals served for free

DON'T 4GET!

To make a lunch, choose at least one



MUHLENBERG SCHOOL DISTRICT
FOOD SERVICE DEPARTMENT

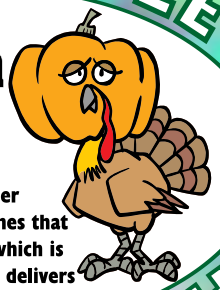


Happy Thanksgiving!

See you Tuesday!
(December 1st)

VEGETABLE OF THE MONTH

Pumpkin



Halloween is over, so can we agree that the best pumpkins aren't the big carving ones that you can't eat? The much smaller "sugar pumpkins" are the ones that wind up in pumpkin pie, which is a dessert that actually delivers fiber and B vitamins!

NUTRITION TO GO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS